

Circuit no - 002

Round No	Squats	Twists	Step Up	Crunches	Press Ups	Burpees
1	20	15	10	40	10	50
2	25	18	12	35	15	45
3	30	20	15	30	20	40
4	35	25	18	25	15	35
5	40	30	20	20	10	30
6	45	35	25	25	5	25