

Circuit - 003

Warm up a few mins on runner / stretches.

Squats body weight or use a sandbag for extra load.

Run 30 secs on the skill mill after each set of burpees.

1 - Squats x 20

Burpees x 8

2 -Release push ups x 12

Burpees x 8

3 - Squat thrusts x 20

Burpees x 8

4 - Sit ups x 15

Burpees x 8

5 - Jumpin' jacks x 20

Burpees x 8

6 - In / out push ups x 12

Finisher 1 min squat hold
5 farmers walks (2 x 28 kg kettlebells)