

Circuit - 029

For rounds

Squats body weight or use sandbag for extra load

Squats x 20

Burpees x 12

Release push ups x 20

Burpees x 12

Squat thrusts x 20

Burpees x 12

Crunch x 20

Burpees x 12

Jumping jacks x 20

Burpees x 12

In / out push ups x 20