

100

COMPLETE THE FOLLOWING AFAP

To make this most effective perform as many reps as possible of each exercise before moving on to the next!

100 BURPEES

100 BICYCLES (4 COUNT)

100 SQUATS PUSH WITH 10 LB BALL OR WEIGHT

100 BICEP CURLS

100 STANDING SIDE CRUNCH

100 WALKING LUNGES (EACH LEG)

100 JUMPROPES X 10 (1000)

10 SPRINTS FORWARD ↑↓ (ABOUT 50 STRIDES UP AND BACK)