



Complete the Following As Fast As Possible — Run 50 yards out and back after each set of exercises

1. 10 eight-count body builders
2. 15 Squat Press + 15 Side to side Jump Touch
3. 20 Side Push Ups + 20 Plank Skiers-From Push up position jump feet up to hands alternating sides .
4. 25 Heel Drops + 25 Squat thrusts
5. 30 Good Mornings to Upright Row + 30 air squats
6. 35 Push Ups (nose to mat) + 35 Starburst jumps
7. 40 Bicycles (4-count) + 40 Prisoner squat bringing knee up to opposite elbow.
8. 45 Bridge up/down lifting alternating legs as you lift hips + 45 seconds run high knees
9. 50 walking lunges (with or without weights) +50 fast Knee ups on curb
10. 55 Butt Rocket-reach (reach toes as you lift your hips) + 155 Jump Ropes
11. 60 seconds low plank + 60 seconds burpees