



WARM UPS

Warm up A:

3 Rounds with a continuously running clock of:

:15 seconds Jumping Jacks

:15 seconds Air Squats

:15 Seconds Mountain Climbers

:15 Seconds Jump Squats

Warm up B:

Run 400 meters

30 Air Squats

20 Shoulder Rotations

30 Overhead Squats

Warm up C:

2 rounds of:

10 pushups

5 Pull Ups

10 Air Squats

10 Sit Ups