

January 27, 2014

Written by Andrea
Sunday, 26 January 2014 19:33 -



Advanced

In front of a clock set for 15 minutes:

1 minute of squats

2 minutes of double unders

3 minutes of push ups

4 minutes of good mornings

5 minutes of pull ups

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Intermediate

In front of a clock set for 15 minutes:

1 minute of squats

2 minutes of double or single unders

3 minutes of push ups

4 minutes of good mornings

5 minutes of pull ups or progressions

Beginner

In front of a clock set for 10 minutes:

2 minutes of squats

2 minutes of single unders or step ups

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2 minutes of push ups

2 minutes of good mornings

2 minutes of pull up progressions