

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

January 27, 2014

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

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

January 27, 2014

Written by Andrea Sunday, 26 January 2014 19:33 -		
2 minutes of push ups		
2 minutes of good mornings		
2 minutes of pull up progressions		