

ATTACK

This program will take approximately 28 minutes. Be precise with timing-quick transitions between each exercise. Focus on good form and *work hard*.

WARM UP

Body Squat
Forward Lunge
Right Lunge
Left Lunge
Power Skip
Skip
Backward Skip

} 10 yards each

THE ATTACK

Scissor Jump 4 sets - 20 seconds with 10 seconds rest

Body Squat
Push Up
Rower
Mountain Climber
Lateral Hop
Toe Touch
Burpee
Monster Shuffle

} 3 sets - 20 seconds with a 10 second rest

(Water break here if needed)

Reverse Crunch
Mountain Climber
Frog Crunch

} 4 sets - 20 seconds with 10 second rest

Push Up and Hold -1 minute with 30 second rest

Right Extended Plank -1 minute with 10 second rest

Left Extended Plank -1 minute

Nice work. Be sure to cool down and stretch well.