

HIIT / Plyometrics

Workout 06

FULLBODY / HIT

REPS

Burpees

10

FULLBODY / HIT

REPS

Knee Strikes

15

FULLBODY / HIT

REPS

Squat to Press w / (DB)

12

FULLBODY / HIT

REPS

Touchdown Lunges

12

FULLBODY / HIT

REPS

Snatches w / (DB)

10