

HIIT / Plyometrics

Workout 03

FULLBODY / HIT

REPS

Jumping Jacks

12

FULLBODY / HIT

REPS

Snatches w / (DB)

15

FULLBODY / HIT

REPS

Burpees

12

FULLBODY / HIT

REPS

Mountain Climbers

20

FULLBODY / HIT

REPS

TouchDown Lunges

15