

HIIT / Plyometrics

Workout 02

FULLBODY / HIT

High Knees

REPS

20

FULLBODY / HIT

Curl into Shoulder Press w / (DB)

REPS

15

FULLBODY / HIT

Squat Jumps

REPS

8

FULLBODY / HIT

Plank Jacks

REPS

10

FULLBODY / HIT

Leg Tucks w / (Pull Up Bar)

REPS

10