

HIIT / Plyometrics

Workout 07

FULLBODY / HIT

REPS

Plyo Lunges

15

FULLBODY / HIT

REPS

WoodChops w / DB

15

FULLBODY / HIT

REPS

Glute Bridges w / HCB

12

FULLBODY / HIT

REPS

Kneeling Hip Thrust

12

FULLBODY / HIT

REPS

Air Squat w / (HCB)

15