

HIIT / Plyometrics

Workout 08

FULLBODY / HIT

Mountain Climbers

REPS

20

FULLBODY / HIT

Hop in Place

REPS

15

FULLBODY / HIT

Curls to Press w / (DB)

REPS

12

FULLBODY / HIT

Decline Push-Ups

REPS

10

FULLBODY / HIT

Shoulder Raises w / DB

REPS

10