

DAY	Steady	Up/Down	Linearly	Cross
1	Hollow rock	Air Squats	1K Run	
2			2K run	Burpee
3		Jumps	3K Run	
4			Lunges	
5			5K Run	
6				
7		Back Extension	Broad Jump	
8		Single leg	8K Run	
9	Push Ups	Jumping Squat		
10				
11		Air Squat		
12				
13			13K Run	Burpees abroad
14				
15				
16				
17	Walking Lunge	Mountain Climber	5K Run	
18				
19		Hollow Rock	Lunges	
20				
21			21K Run	Burpees

Push ups
Squat

1K Run