

DIFFICULTY

BEGINNER: 1 SET INTERMEDIATE: 2 SET

ADVANCED: 3 SET

fitnessprogramer.com

20 SEC IIIII

10 SEC REST



MOUNTAIN CLIMBER



PUSH-UP TOE TOUCH

20 SEC IIIII

10 SEC REST



SKATER

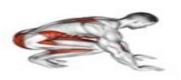
5



BICYCLE CRUNCH

20 SEC 11111

10 SEC REST



JACK BURPEES



LUNGE

20 SEC 111111

6

60 SEC REST / 1 ROUND

BIRD DOG

Work Out Guide For Military

Tao Wei

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