

0:00 – 4:00 WARM UP

50  
HIGH KNEES



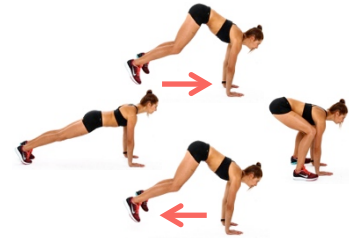
10  
PLANK  
KNEE TO ELBOW



50  
BUTT KICKS



10  
FROGGER



4:00 – 5:00 REST

5:00 – 15:00 CIRCUIT 27

5  
BURPEES



10  
JUMP SQUAT



5  
WALK OUT  
PUSH UP



10  
REVERSE LUNGE  
WITH TWIST



100  
HIGH KNEES



15:00 – 16:00 REST

16:00 – 20:00 CORE

10  
TOE TOUCHES



10  
LEG LOWER  
+ REVERSE CURL



20  
HEEL TOUCHES



COOL DOWN STRETCH