

# Pump it up!

*You will be thrilled you did this workout ...  
once it's done!*



**ELITE**  
PERFORMANCE  
TRAINING

Exercise		Reps	Rest	Notes
A1	Mountain Climbers	15ea	0	
A2	Double Touch Bicycles	10ea	0	
A3	Pike Pushups	10-15	0	If you can't do these, do normal pushups / kneeling pushups
A4	Flutter kicks	25ea	0	Keep feet at least 6 inches above the ground at all times
A5	Tuck Jumps	6	0	
A6	Wall sit	ALAP	1m 30s	Try to beat your previous time each round
*Do as many sets of A1-A6 as you can / have time for				
				