

Next Level

Challenge yourself with this circuit



ELITE
PERFORMANCE
TRAINING

Exercise		Reps	Rest	Notes
A1	Alternating Lunges	10ea	0	
A2	Jumping Jacks	10	0	
A3	Alternating Lateral Lunges	10ea	0	
A4	Squat Jumps	10	0	Jump as high as you can!
A5	Alternating Reverse Lunges	10ea	0	
A6	Burpees	8	1m 30s	
*Do as many sets of A1-A6 as you can / have time for				