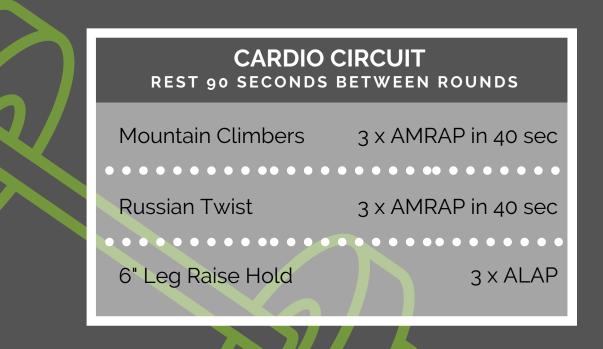




KEEP PUSHING AS HARD AS POSSIBLE. JUST A LITTLE LONGER THIS TIME!

ORDER	EXERCISE	SETS & REPS	REST
1	Push-Ups	2 x AMRAP 45 sec	90 sec
2	Chair Dips (top half only)	2 x AMRAP 45 sec	90 sec
3	Alternating Supermans	3 x 12 each	45 sec





TIME FOR THE STAIRS AGAIN! YOU'VE GOT THIS!

ORDER	EXERCISE	SETS & REPS	REST		
1	Stair Runs	2 x 90 sec	120 sec		
• • • • • • • • • • • • • • • • • • • •					
2	Hands-Elevated Push- Ups On Stairs	3 × 25	60 sec		
• • • • • • • • • • • • • • • • • • • •					
3	Stair Hops	2 x 90 sec	90 sec		

	ABS CIRCUIT REST 90 SECONDS BETWEEN ROUNDS		
R	High Knees in Place (tap toes on stairs)	3 x AMRAP in 40 sec	
	Mountain Climbers On Stairs	3 x AMRAP in 40 sec	
	Hands-Elevated Plank (on stairs)	3 x 40 sec	