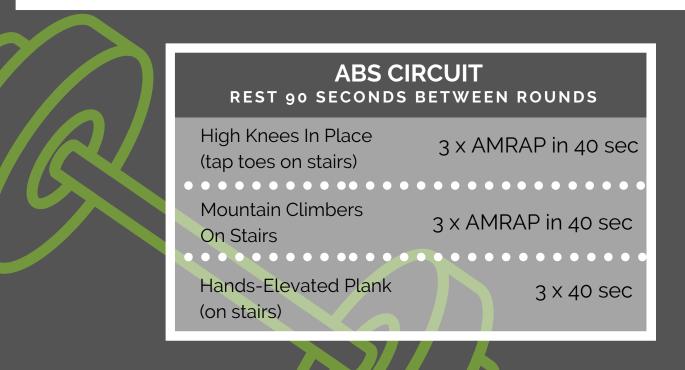




ONE MORE TIME ON THE STAIRS! YOU'VE GOT THIS!

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			





LAST DAY! LET'S MAKE IT TOUGH!

ORDER	EXERCISE	SETS & REPS	REST		
1	Squat Jumps	2 x AMRAP 45 sec	90 sec		
• • • • • • •	• • • • • • • • • • • •	•••••	• • • • • • •		
2	Reverse Lunges	2 x AMRAP 45 sec	75 sec		
• • • • • • • • • • • • • • • • • • • •					
3	Wide Stance Bodyweight Squats	2 x AMRAP 45 sec	75 sec		

	CARDIO CIRCUIT START AT 8 REPS ON EACH AND WORK YOUR WAY TO 1		
R	Jumping Jacks	8, 7, 6 1	
	Split Jump (as deep as possible)	8, 7, 6 1	
	V-Ups	8, 7, 6 1	