



Warm-Up 2-3 Rounds

- 1 min jog
- 15 sec High Knees
- 15 sec booty kicks
- 10 lunges
- 10 russian twists
- 10 push-ups

Sprints [Walk back is your rest period + 10 sec]

- 5-7 sprints @ each distance max effort:
- 5 yds
- 10 yds
- 20 yds

Bear Crawl + Lunges

- Bear crawl 15ft, 10 lunges between each trip
- 7 minutes, no rest, max effort

Push-Ups + 6 inches

- 10 push-ups, then hold feet up 6in off the ground for 1 min
- 5 sets, 30 second rest in between each set

Finisher: 100 swimmers + superman hold for 30 seconds

If feet or arms/hands touch the ground - start over!

"Challenge is nothing more than a seed of opportunity."