

As Many Rounds As Possible - Workout #1

EQUIPMENT: Mat - Optional

TIME: 20 minutes

AIM: Complete as many rounds as you can in time allowed

METHOD: Complete the following circuit as many times as you can

- 10 Burpees
- 8 Push Ups
- 10 Sit Ups
- 10 Squats
- 10 second plank (count yourself)
- 6 Lunges (3 per leg)

*Keep track of how many rounds you do and post your number to see who can get the most!

[Send your results here!](#)

GOOD LUCK!!!!