

As Many Rounds As Possible - Workout #2 "Iron Lungs"

EQUIPMENT: Cones & Mat (Optional)

TIME: 15 minutes

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

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

- 5 Shuttle Sprints 20m (26 normal footsteps)
- 8 Floor Touch Kicks (4 per leg) *Think single leg deadlift but touch the ground with both hands and finish by driving knee into chest
- 8 Straight Leg Sit Up w/Overhead Reach *Just like a sit up but instead of bent knees, keep your legs pin straight and as you complete the sit up, reach upwards as high as possible

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

GOOD LUCK!!!!