

Mountain Climbers

x 20 (10 each leg)

Tuck Jumps

x 10

Butt Kick Sprint

x 20 (10 each leg)

High Knee Sprint

x 20 (10 each leg)

1. Start timer for 60 seconds
2. Complete all exercises and reps as fast as possible
3. Rest for remainder of 60 seconds
4. Repeat for 3 - 5 rounds