

	ROUND 1	ROUND 2	ROUND 3
WARM UP			
Squat Thrusts			
Crouch Springs			
Burpee	30s work / No rest 50% EFFORT	20s work / 10s rest 75% EFFORT	10s work / 20s rest 100% EFFORT
Tucks			

REST 30 - 60s BETWEEN ROUNDS

Double Jump Burpee

MAX REPS IN 60s!