



DIFFICULTY

BEGINNER : 1 SET
INTERMEDIATE : 2 SET
ADVANCED : 3 SET

HIT

WORKOUT

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1



BUTT KICK

20 SEC
|||||➔

10 SEC REST

2



MOUNTAIN CLIMBER

3



PUSH-UP TOE TOUCH

20 SEC
|||||➔

10 SEC REST

4



SKATER

5



BICYCLE CRUNCH

20 SEC
|||||➔

10 SEC REST

6



JACK BURPEES

7



LUNGE

20 SEC
|||||➔

60 SEC REST / 1 ROUND

8



BIRD DOG

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Liyng Dong



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