

WarmUp: 9 minutes

1 min Run on spot

30s Seal jacks 30s Small arm circles 30s Leg Swings 30s Monkey Swings 30s Sit Ups	30s High knees 30s Forward arm Swings 30s Sideways Leg Swings 30s Backwards arm Swings 30s Double dip Squats	30s Triplet shadow boxing 30s Skiing 30s Upright twists 30s Chest extensions 30s Butterfly Press Ups (30 rest)
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Main Set: 42 minutes. 6 boxes, 7 minutes per box

<p style="text-align: center;">Box 1</p> 30s 180 Squat 30s Triple Dip Squat 45s Squat Hold 15s Rest 30s Prisoners 30s Kneel Jumps 45s Kneel Lean Backs (Hold if can) 15s Rest 30s Press Ups 15s Rest 1 min Plank 15s Rest 30s Diamond Press Up 30s Rest	<p style="text-align: center;">Box 4</p> 30s Squat Punch 30s Squat Kicks 45s In and Out Frog Squats 15s Rest 30s Forward Lunges 30s Backward Lunges 45s Lunge Hold (foot on chair) 15s Rest 30s Pike Press Ups 15s Rest 1 min High Plank 15s Rest 30s Hindu Press Ups 30s Rest
<p style="text-align: center;">Box 2</p> 30s Walkouts with Shoulder Touches 30s Walkouts with Press Up 45s Walkouts with Double Press Ups 15s Rest 30s Half Burpees 30s Burpees with Jump 45s Burpee Jump + Tuck Jump 15s Rest 30s Wide Press Ups 15s Rest 1 min Star Plank 15s Rest 30s Wide then Narrow Press Ups 30s Rest	<p style="text-align: center;">Box 5</p> 30s Bear Crawl 30s Bear Crawl with Pike Press Ups 45s Slow Step Burpees 15s Rest 30s Burpees with Jump & 2 Punches 30s Burpees with 2 Kicks 45s Double Press Up burpees 15s Rest 30s Butterfly Jump Press Ups 15s Rest 1 min Low Press Up Hold 15s Rest 30s Low Press Ups 30s Rest
<p style="text-align: center;">Box 3</p> 30s Straight Leg Raises 30s Bent Leg Raises 45s Leg Levers 15s Rest 30s Sit Up 30s Half Sit Up 45s Cross Punch Sit Up 15s Rest 30s Alternating Staggered Press Up 15s Rest 1 min Side Plank (switch after 30s) 15s Rest 30s Rocking Horse Press Up 30s Rest	<p style="text-align: center;">Box 6</p> 30s Backstroke Kicking 30s Dolphin Kick 45s Stand Ups 15s Rest 30s Crunches 30s V Sit Up 45s Dish Hold 15s Rest 30s Butterfly Press Ups 15s Rest 1 min Low Press Up/ high Plank Hold (on call) 15s Rest 30s Explosive OR Clap OR King Kong Press Ups 30s Rest

Stretches: (Run by Ethan)