35 seconds on 25 seconds off - Put In Work

June 29th 2017



- [ ] Pushup x3
- [ ] Squat x3
- [ ] Step x3
- [ ] Alternating Forward Lunge x3
- [ ] Pushup x3
- [ ] Bird Dog x3
- [ ] Squat x 3
- [ ] Bird Dog x3
- [ ] Alternating Side Lunge x3
- [ ] Plank x3

Make and Share Free Checklists
checkli.com