

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