WORKOUT OF THE MONTH

JULY

Repeat the circuit 3 times. Take 10-15 seconds to move from each exercise. Take a one minute break between each circuit.

A  Run on Curve
   1 minute

B  TRX Push Ups
   10 reps

C  Jump Squats
   10 reps

D  Back Lunge to Press
   10 reps

E  TRX Pikes
   10 reps

F  TRX Mountain Climbers
   10 reps

G  TRX Plank
   30 seconds

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