STANDING SPRINT 20 seconds

JUMP SQUATS 20 seconds

BURPEES 20 seconds

KNEE TOUCH PLANK 20 seconds

FLUTTER KICKS 20 seconds

RUSSIAN TWISTS 20 seconds

WORKOUT OF THE MONTH

COMPLETE EACH CIRCUIT TWICE. PAUSE 10 SECONDS BETWEEN EACH EXERCISE AND 60 SECONDS BETWEEN EACH CIRCUIT.

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