WORKOUT OF THE MONTH

Do each exercise for 30 seconds, and repeat each circuit 2-3 times.

CIRCUIT 1

1. JUMP ROPE
2. TRX MOUNTAIN CLIMBERS
3. TRX PLANK
4. BOX JUMPS

CIRCUIT 2

1. BICEP CURLS ON TRX
2. KETTLEBELL DEADLIFTS
3. SINGLE LEG SQUATS
   30 seconds each side

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