

BODYWEIGHT

5/7/2020

A) TABATA - Narrow Grip Push Ups

8 Sets
20sec On
10sec Off

B) 25min LISS

Run 200m

Thigh Tap x10-20

Lunge Jumps x10-12 (total)

Run 200m

Sit Ups x15-20

Frog Pump x60sec

Notes

Part B) Sustainable pacing.





DUMBBELL/ KETTLEBELL

5/7/2020

A) TABATA - Alternating

DB Front Squat
Narrow Grip Push Up
8 Set
20sec On
10sec Off

B) 25min LISS

Run 200m

10 DB Lateral Lunge /side

Thigh Tap x10-20

Run 200m

Walking Deadlift x8-10 /side

Reaching Sit Up x10-15

Notes

Part A) Alternate movements each interval.

Part B) Sustainable pacing.