

EAT. SWEAT. LOVE. INSPIRE.

Set Gymboss Timer 8 rounds 30sec/30 sec intervals



THE TOP 30 SECONDS WILL ALWAYS BE LOW PLANK

the bottom 30 seconds are the following:

SIDE PLANK WITH TOE TOUCH



SIDE PLANK WITH TOE TOUCH



BURPEE WITH PUSH-UP



TRICEP PUSH-UP WITH KNEE TUCK



SIDE TO SIDE PLANK



KNEE TO ELBOW



PLANK TO DOWNWARD DOG



LAST 30 SECONDS IS MOUNTAIN CLIMBERS (UNPICTURED)

