

**3 ROUNDS FOR TIME**



**SINGLE ARM SWING**  
**12 REPS - RIGHT ARM**



**4 BURPEES**



**SINGLE ARM SWING**  
**12 REPS - LEFT ARM**



**4 BURPEES**



**EXPLOSIVE STARS**  
**12 REPS**



**4 BURPEES**



**KNEE TO ELBOW**  
**PUSH-UPS**  
**10 REPS**