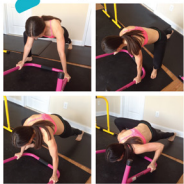


Complete 4 rounds moving from move to the next as quickly as you can.

**1** tricep dips - 6 reps



**2** 1-2-3 push-ups - 8reps



**3** lower ab raises - 10 reps



**4** squat into shoulder raise - 12 reps



**5** back rows - 15 reps

