

Set timer for 15 rounds pf
15 sec rest and 45 sec work.

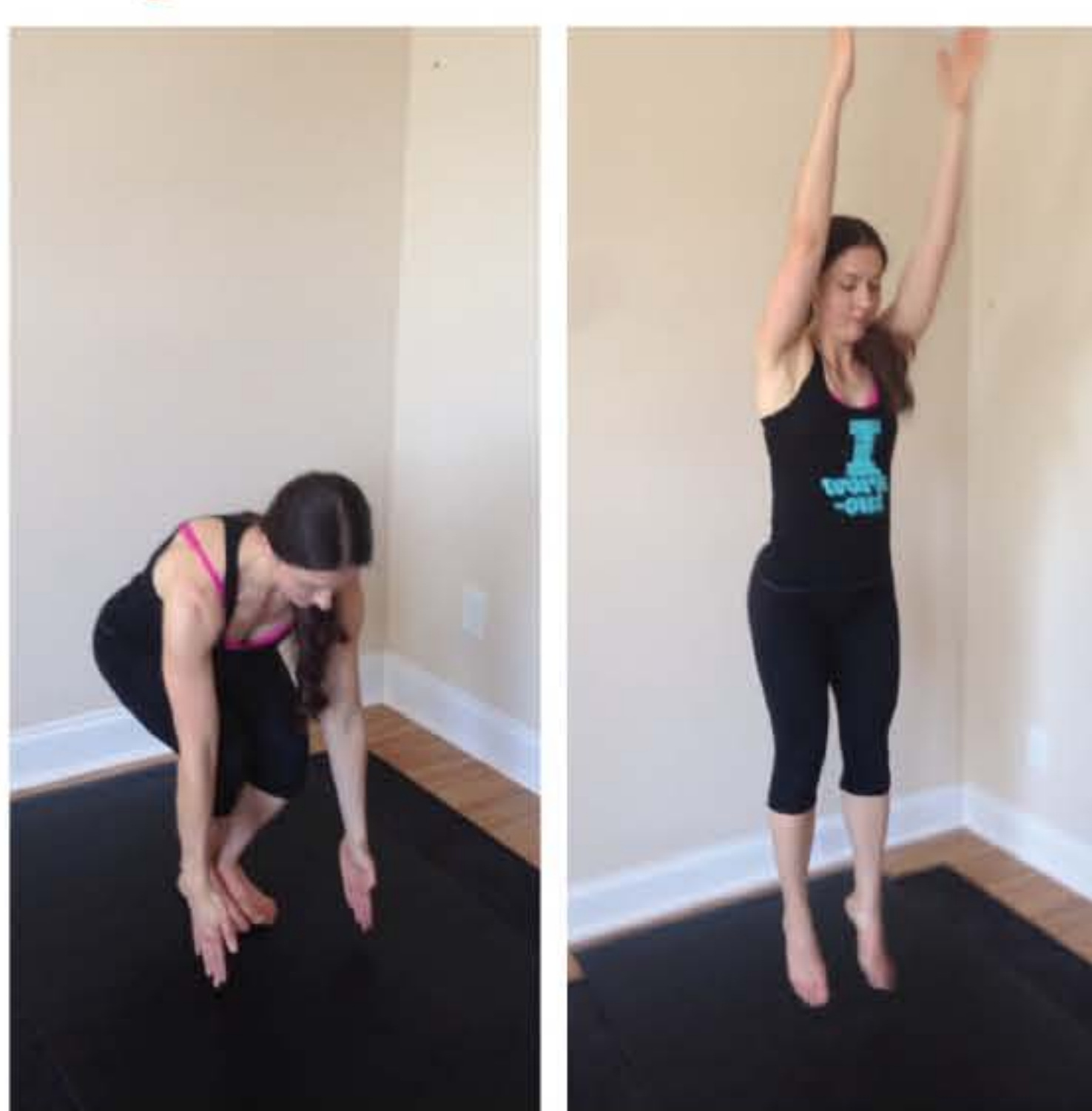
1

burpee with
tuck jump



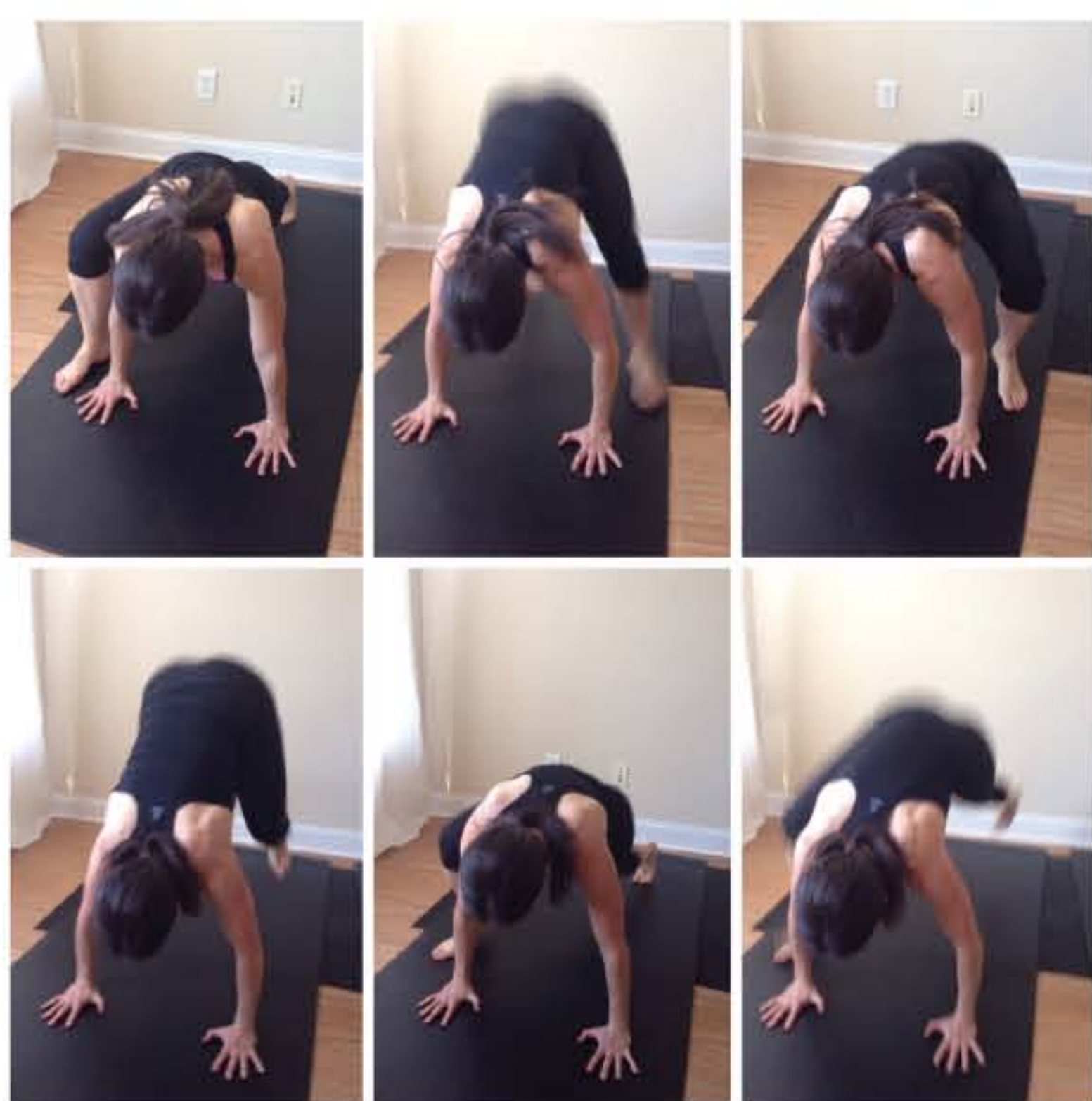
2

rockets



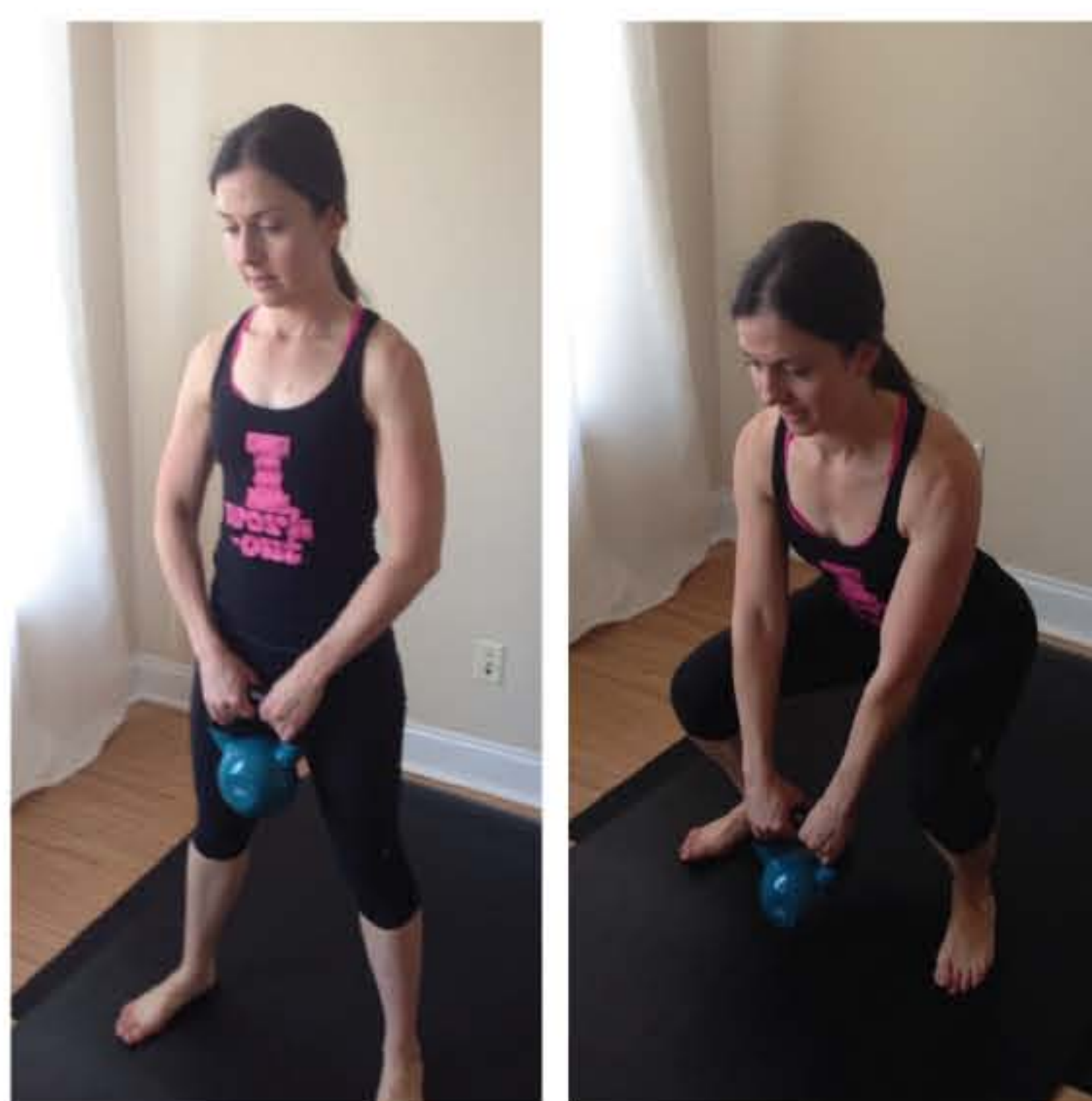
3

split jump moutain
climbers



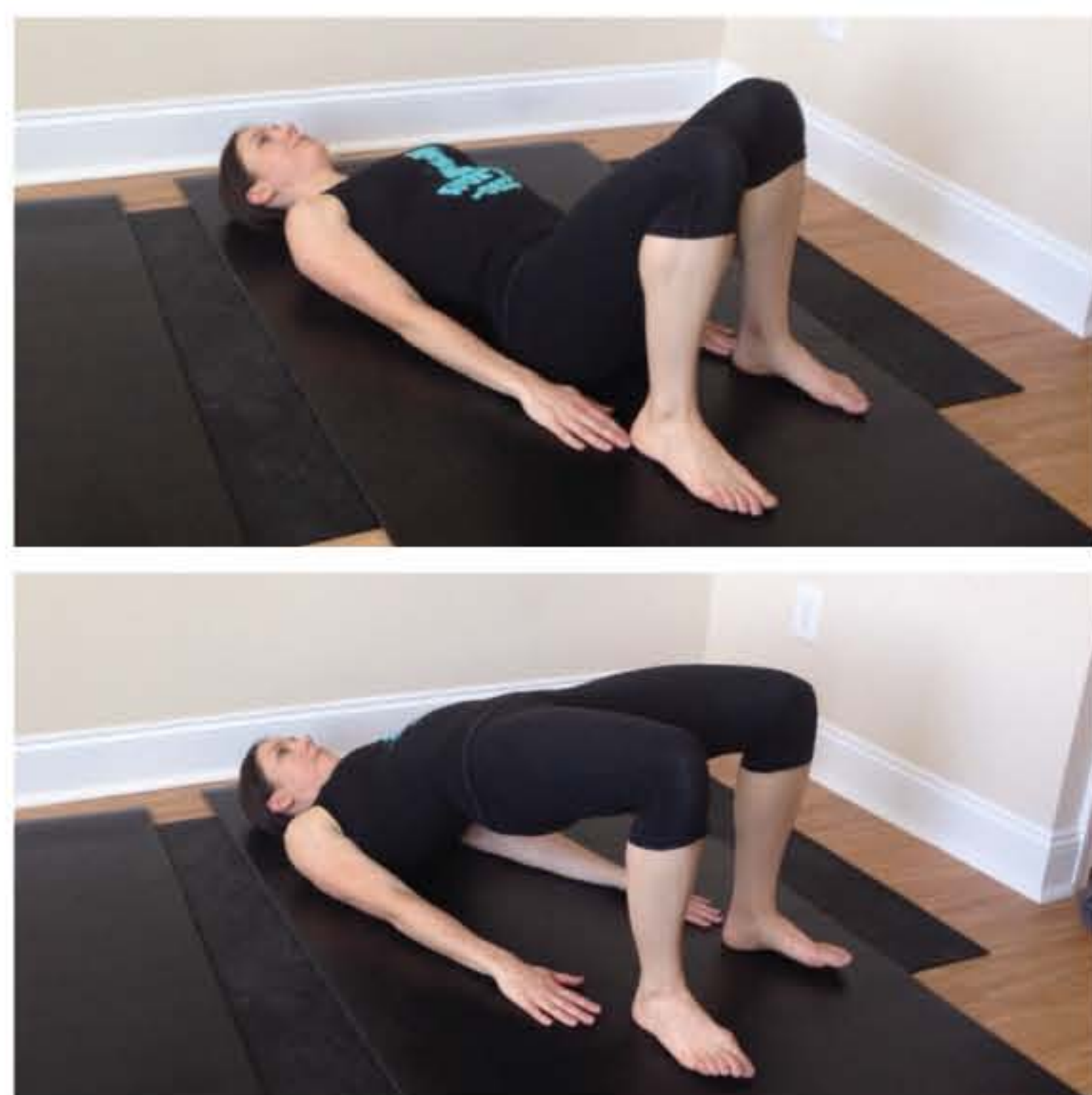
4

squats with weights



5

bridge pulses



be happy, passionate, and fit in all parts of life



lori and michelle

#bepurelyyou

#purelyfitlife