

# Full Body Burnout #1

<b>Set 1: perform 1-4 times in a row</b>	<b>Time</b>
Lat Pull-Downs OR Pull-Ups	50 sec/10 sec rest
Elevated Close-Wide Push-Ups	50 sec/10 sec rest
Jump Rope	50 sec/10 sec rest
<b>Set 2: perform 1-4 times in a row</b>	<b>Time</b>
Side Lunge on Step with a Shoulder Press	50 sec/10 sec rest
Reverse Pull-Up	50 sec/10 sec rest
High-Knee Skips	50 sec/10 sec rest
<b>Set 3: perform 1-4 times in a row</b>	<b>Time</b>
Skaters with Cross Punch (weighted optional)	50 sec/10 sec rest
Forward Lunge w/ Bicep Curl to Reverse Lunge w/ Triceps Kick-Back	50 sec/10 sec rest
Jump Rope	50 sec/10 sec rest
<b>Giant Set:</b>	<b>Time</b>
Repeat from the top and perform all 9 exercises once	50 sec/10 sec rest
<b>10 Minute Abs</b>	<b>Time</b>
Right Side Plank with Hip Dip	50 sec/10 sec rest
Left Side Plank with Hip Dip	50 sec/10 sec rest
Plank Twisters	nlt
Repeat 2 More Times!!	
Boat Pose (moving optional)	1 min