

Full Body Burner

Complete each super set 3 times

Time: 26 minutes

Intensity:    

Warm Up: Skipping 30 sec fast, 30 sec slow - 8 sets

EXERCISE (SUPERSETS)	SETS	REPS	TIPS
Renegade Row + Mountain Climbers (2:10)	3	45:15	Feet wide for more stability
Dumbbell Squat Thrusters	3	45:15	Chest up, push through heels
Dumbbell Walking Lunges	3	45:15	Push through front heel
Full Burpee + Half Burpee (1:1)	3	45:15	Chest forward in half burpee
Kettlebell Swing	3	45:15	Squeeze your glutes
Goblet Squat Jumps	3	45:15	Get as low as you can
Tuck Jumps	3	45:15	Knees up high as you can
High Knees + Dumbbell Punches	3	45:15	Squeeze your core