

Workout of the Week


'300 rep workout'

45 minutes

Warm up— 5 minutes on X-Trainer


Main workout-30 minutes


 Exercise name


Squat press
50 reps


Burpees
25 reps


KB Swing
50 reps


Medicine ball slams
20 reps


Swiss ball crunches
50 reps


Jumping lunges
30 reps


Burpees
25 reps


Press ups
50 reps

Pick a different weight on each station, the weight should be challenging.

Cooldown— 5 minutes on bike

5 minutes of stretching

2-3 sets of 20-30 second stretches of calves, hamstrings, quads, chest and back