

OUTDOOR WORKOUT

3 Rounds:

Sprint down - jog back (choose your length)

Speed squats x12

Step-ups x10/leg

3 Rounds:

Sprint down - jog back (choose your length)

Tricep push-ups x10

Plank shoulder taps x20

3 Rounds:

Sprint down - jog back (choose your length)

Arm punches x30

Squat + reach to heels x10/side