

WEEK 4: STRONG LIKE BULL

SET THE PACE



Get ready to breath heavy! Perform each exercise 3 times for 30 seconds with 30 seconds rest. Take 1 minute rest between exercises. Choose Champion, Warrior, or Super Hero to repeat the series.

1 Complete 5 Minute @ Home Warm Up

2 3 x 30 seconds Twisting Mountain Climbers, 30 seconds rest

3 1 minute rest

4 3 x 30 seconds Jump Rope, 30 seconds rest

5 1 minute rest

6 3 x 30 seconds Skater Hops, 30 seconds rest

7 1 minute rest

8 3 x 30 seconds High Knees, 30 seconds rest

9 2 minutes rest & drink some water!

10 Champion: Repeat 1 more time
Warrior: Repeat 2 more times
Super Hero: Repeat 3 more times



Twisting Mountain Climbers



Jump Rope



Skater Hops



High Knees



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break &
Keep Going!