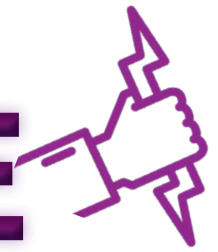


WEEK 4: STRONG LIKE BULL

POWER HOUSE



Complete 3 x each exercise for 30 seconds with 30 seconds rest. Then cool down for a full minute before moving on to the next exercise. Choose Champion, Warrior, or Super Hero to repeat the series.

1 Complete Cardio Warm Up

2 3 x 30 Seconds Air Squats,
30 Seconds Rest

3 1 Minute Rest

4 3 x 30 Seconds Lateral Jumps,
30 Seconds Rest

5 1 Minute Rest

6 3 x 30 Seconds Crossovers
30 Seconds Rest

7 2 Minutes Rest & Drink Some Water!

8 Champion: Repeat 1 More Time
Warrior: Repeat 2 More Times
Super Hero: Repeat 3 More Times



Air Squats



Lateral Jumps



Crossovers



Good Work!
Time to Cool Down



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



Good Work! Take a Break &
Keep Going!