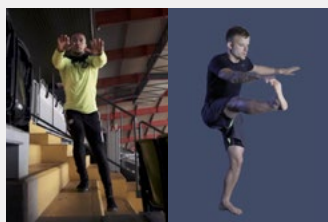


ARENA WORKOUT WITH WILL

3 ROUNDS



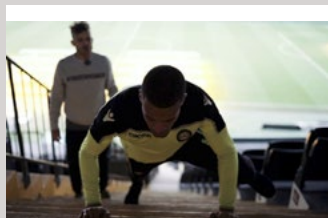
1. STAIR DIP + FRONT LEG SWINGS

☒ B: 10 REP
I: 12 REP
A: 15 REP



2. EXPLOSIVE STAIR PUSH-UPS

☒ B: 5 REP
I: 10 REP
A: 15 REP



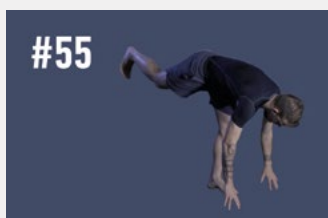
3. PLANK CRUNCH

☒ B: 10 REP
I: 16 REP
A: 20 REP



4. LATERAL LEG RAISES

☒ B: 7 REP
I: 10 REP
A: 15 REP



#55

1. SINGLE LEG TOE TOUCH

☒ B: 10 REP
I: 15 REP
A: 20 REP

REST 1 MINUTE