

WIN THE BALL

2 ROUNDS

#36



1. REVERSE LUNGE KNEE-UPS

B: 10 REP
I: 15 REP
A: 20 REP

#45



2. JUMP SQUAT

B: 8 REP
I: 15 REP
A: 20 REP

#40



3. REVERSE BALANCING LUNGES

B: 5 REP
I: 10 REP
A: 15 REP

#36



4. REVERSE LUNGE KNEE-UPS WITH JUMPS

B: 8 REP
I: 12 REP
A: 20 REP

REST 1 MINUTE