

AIR RAID - 1

Introduction

How to Perform Today's AIR RAID Workout - Sound the alarm, your muscles are being invaded! As the name implies, this burst training workout will knock you off your feet...literally, while taking on the feel of an A-X classic, Bumps and Jumps! Just two exercises are to be performed for a specific rep goal within a one minute period. If you complete the prescribed number of reps within that minute, you have the remainder of that minute to rest. Sure, it starts off easy...but can you last for all 20 minutes?