

Guerrilla Warfare

Introduction

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?

Use 25% bodyweight in each hand or whatever you dumbbell shoulder press (ie. you press 40's, hold 40 in each hand).

Each time the bell is put down = 10 seconds of hold time on dead arm hang at the end.