

Set pause: 2

**NORMAL
SET**

bodyweight squats

1

12 repetitions

2

12 repetitions

3

12 repetitions

Set pause: 2

**NORMAL
SET**

mountain climbers

1

20 repetitions

2

20 repetitions

3

20 repetitions

Set pause: 2

**NORMAL
SET**

half crunches

1

15 repetitions

2

15 repetitions

3

15 repetitions