

Set pause: 2

**NORMAL
SET**

(60cm) box jumps

1

8 repetitions

2

8 repetitions

3

8 repetitions

4

8 repetitions

Set pause: 2

**NORMAL
SET**

knee pushups

1

8 repetitions

2

8 repetitions

3

8 repetitions

4

8 repetitions

Set pause: 2

**NORMAL
SET**

tuck hanging leg lifts

1

8 repetitions

2

8 repetitions

3

8 repetitions

4

8 repetitions

Set pause: 2

**NORMAL
SET**

mountain climbers

1

30 repetitions

2

30 repetitions

3

30 repetitions

4

30 repetitions

Set pause: 2

**NORMAL
SET**

twisting crunches

1

10 repetitions

2

10 repetitions

3

10 repetitions

4

10 repetitions