

Set pause: 3

**NORMAL SET**

**(75cm) box jumps**

- 1 8 repetitions
- 2 8 repetitions
- 3 8 repetitions
- 4 8 repetitions
- 5 8 repetitions
- 6 8 repetitions

Set pause: 3

**NORMAL SET**

**chinups**

- 1 3 repetitions
- 2 3 repetitions
- 3 3 repetitions
- 4 3 repetitions
- 5 3 repetitions
- 6 3 repetitions

Set pause: 3

**NORMAL SET**

**pushups**

- 1 8 repetitions
- 2 8 repetitions
- 3 8 repetitions
- 4 8 repetitions
- 5 8 repetitions
- 6 8 repetitions

Set pause: 3

**NORMAL SET**

**burnouts**

- 1 60 repetitions
- 2 60 repetitions
- 3 60 repetitions
- 4 60 repetitions
- 5 60 repetitions
- 6 60 repetitions

Set pause: 3

**NORMAL SET**

**supine leg lifts**

- 1 15 repetitions
- 2 15 repetitions
- 3 15 repetitions
- 4 15 repetitions
- 5 15 repetitions
- 6 15 repetitions

Set pause: 3

**NORMAL SET**

**slow flat back crunches**

- 1 6 repetitions
- 2 6 repetitions
- 3 6 repetitions
- 4 6 repetitions
- 5 6 repetitions
- 6 6 repetitions