

Set pause: 2

### NORMAL SET

#### step ups

- 1 30 repetitions
- 2 30 repetitions
- 3 30 repetitions
- 4 30 repetitions
- 5 30 repetitions
- 6 30 repetitions

Set pause: 2

### NORMAL SET

#### chinups

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

Set pause: 2

### NORMAL SET

#### burpees

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

Set pause: 2

### NORMAL SET

#### burnouts / rope jumps

- 1 80 repetitions
- 2 80 repetitions
- 3 80 repetitions
- 4 80 repetitions
- 5 80 repetitions
- 6 80 repetitions

Set pause: 2

### NORMAL SET

#### assisted V-ups

- 1 12 repetitions
- 2 12 repetitions
- 3 12 repetitions
- 4 12 repetitions
- 5 12 repetitions
- 6 12 repetitions

Set pause: 2

### NORMAL SET

#### side to side half crunches

- 1 14 repetitions
- 2 14 repetitions
- 3 14 repetitions
- 4 14 repetitions
- 5 14 repetitions
- 6 14 repetitions