5 min BURNOUT BLAST

DO THE FOLLOWING EXERCISES FOR 1 MINUTE EACH, RESTING WHEN NEEDED:

- 1. TRAVELING PLANK
- 2. NEW JACKS
- 3. 10 SECS MTN CLIMBERS/10 SECS SQUAT JUMPS X 3
- 4. SWITCH JUMPS
- 5. BURPEES