

DAY 13 (HIIT – High Intensity Interval Training)

DB = Dumb Bell

30 Minutes AMRAP – As Many Rounds As Possible

10 Reps - Burpees

50 Reps - Cross Over Mountain Climbers (per side)

50 Reps - Alternating Jump Lunges (per side)

50 Reps - Jump Squats

50 Reps - Jump Ropes

10 Reps - In and Out Quick Steps