

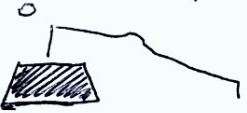

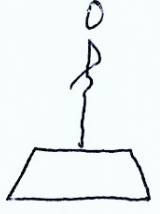
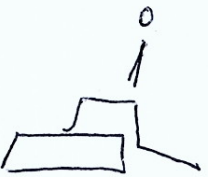




# HIT -> 4 minutes each round

①  =>  =>  burpees =>  8x

jump on box

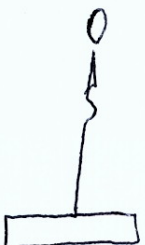
②  =>  lunges heel 8x

③ push ups on box  =>  8x

④  =>  8x

During 4 minutes try to complete 4 series; then 1,5 min rest. Repeat 3 times 4 minutes

4<sup>th</sup> ROUND - 15 seconds work, 15 seconds rest =>  
-> repeat 4 times



• running up and down (1<sup>st</sup> right leg starts, 2<sup>nd</sup> left, 3<sup>rd</sup> R...)