

# DEC. 15 WORKOUT

## ROUND 1

-PUSH UP/ 4 COUNT DOWN  
-BENCH DIPS

4 ROUNDS/ 8 REPS

### ROUND 1/ TABATA

-BURPEE  
-MT. CLIMBER

20SEC ON-10SEC REST  
-8ROUNDS TOTAL

## ROUND 2

-SLOW SUMO SQUAT  
-BULGARIAN-HOLD AT BOTTOM

4 ROUNDS/8REPS

### ROUND 2/ TABATA

-AIR SQUAT  
-SQUAT HOP OR CALF RAISE

20SEC ON-10SEC REST  
-8ROUNDS TOTAL

## FINISHER

-SIDE PLANK LEG RAISE /20 RAISES  
-DOLPHINS /8 REPS

4 ROUNDS

### CORE!!

ROPE CLIMB- 8 EACH SIDE

**NO REST!**

PULSE UPS- 8 PULSES

**NO REST**

ROPE CLIMB- 8 EACH SIDE

**NO REST-**

PULSE UPS -8 PULSES