

Be Fit. Be Strong. Be Confident

30, 20,10 ...

Make sure you warm up for 3 - 5 minutes before your workout
This workout is 3 rounds, dropping reps with each round. Do it at your own pace .. there's no timers! At the end of each round do 2 minutes of your choice of cardio .. skipping, jogging, running.

Don't forget to warm down & stretch when you finish!

Exercise	Sets	Reps	Notes
Round 1		30 reps of each	
Push Ups		30	
Jump Lunges		30	or walking lunges
Triceps Dips		30	
Burpees		30	
Squat & Press		30	If your shoulders tire, do a press every second rep
Mountain Climbers		30	30 reps each leg
2 mins cardio			Your choice .. eg skipping, jogging, rowing ..
Round 2		20 reps of each	
Round 3		10 reps of each	