



WITNESS — THE — FITNESS

#EMPOWERHER

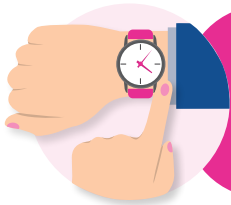
Session 3

TIME: 20 minutes

EQUIPMENT: Stopwatch / interval trainer.
You can download an app onto your phone.

TYPE: Circuit

SAFETY: Complete a warm-up and cool-down with each session.



Set your timer for 20 rounds of 60 seconds of work.



Watch each of the clips if you are unsure of the exercise.

EXERCISES

Complete 2 rounds of the following:

60 seconds
Plank Up-Downs

60 seconds
Mountain Climbers

60 seconds
Surfer Burpees

60 seconds
Leg Raise

60 seconds
Sumo Squats

60 seconds
Squat Jumps

60 seconds
Bicycle Kicks

60 seconds
Sprawl to Stand

60 seconds
Bench Dips

60 seconds
Hands-Up
Knees-Up

Repeat!