

	1		2		3		4		Time (Set)	Time (Total)
Duration	00:30	00:15	00:30	00:15	00:30	00:15	00:30	01:30	04:15	04:15
W/R	W	R	W	R	W	R	W	R		
Exercise	Alt Squat Thrusts		Full Squat Thrusts		Royal Burpees		Burpees (Jump)			

	5		6		7		8		Time (Set)	Time (Total)
Duration	00:20	00:10	00:20	00:10	00:20	00:10	00:20	01:30	03:20	07:35
W/R	W	R	W	R	W	R	W	R		
Exercise	Normal Sit-ups		Crunch Sit-ups		Alt Elbow-to-Knee		Alt V Sits			

	9		10		11		12		Time (Set)	Time (Total)
Duration	00:20	00:10	00:20	00:10	00:20	00:10	00:20	01:30	03:20	10:55
W/R	W	R	W	R	W	R	W	R		
Exercise	Normal Press-ups		Diamond Press-ups		Dive Bombers		Rock Climbers			

	13		14		15		16		Time (Set)	Time (Total)
Duration	00:30	00:15	00:30	00:15	00:30	00:15	00:30	01:30	04:15	15:10
W/R	W	R	W	R	W	R	W	R		
Exercise	Jump Squats		Star Jumps		Gun Drills		Side-to-Side Hops			

	17		18		19		20		Time (Set)	Time (Total)
Duration	00:20	00:10	00:20	00:10	00:20	00:10	00:20	01:30	03:20	18:30
W/R	W	R	W	R	W	R	W	R		
Exercise	Gut Busters		Twist Sit-ups		Gutbusters		Heel Touches			

	21		22		23		24		Time (Set)	Time (Total)
Duration	00:20	00:10	00:20	00:10	00:20	00:10	00:20	01:30	03:20	21:50
W/R	W	R	W	R	W	R	W	R		
Exercise	Normal Press-ups		Reverse Arm Press-ups		Typewriter Press-		Normal Press-ups			

	25		26		27		28		Time (Set)	Time (Total)
Duration	00:30	00:15	00:30	00:15	00:30	00:15	00:30	01:30	04:15	26:05
W/R	W	R	W	R	W	R	W	R		
Exercise	Burpees (Jump)		Gun Drills		Star Jumps		Jump Squats			

	29		30		31		32		Time (Set)	Time (Total)
Duration	00:30	00:15	00:30	00:15	00:30	00:15	00:30	01:30	04:15	30:20
W/R	W	R	W	R	W	R	W	R		
Exercise	Plank (Front)		Plank (Right)		Plank (Left)		Plank (Reverse)			

	33		34		35		36		Time (Set)	Time (Total)
Duration	00:20	00:10	00:20	00:10	00:20	00:10	00:20	01:30	03:20	33:40
W/R	W	R	W	R	W	R	W	R		
Exercise	Diamond Press-ups		Dive Bombers		Rockclimbers		Normal Press-ups			