4 ROUNDS MAX EFFORT

2 MINS PER MOVE AS 20 secs work 10 secs rest

MOVE 1:BURPEE
MOVE 2: SQUAT JUMPS
MOVE 3: SIDE KNEE PRESS UP
MOVE 4: PULL BACK KICK

ENJOY THE CHALLENGE AND SHARE YOUR WORKOUT PICTURES

Remember this is a max effort workout. So for the 20 seconds of work, you should be pushing yourself to work hard, rest for the 10 seconds and go again.