Session 3, Cycle 3

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| HIIT & Abdominals |  |  |  |
| **Mini Circuit 1** | **Reps** | **Time** | **Rest** |
| Jump Squats | 25 |   | 15-20 sec |
| Full Burpees | 15 |   | 15-20 sec |
| Broad Jumps (fast feet back to line) | 10 |   | 15-20 sec |
| Wall Sit |   | 1 min | ↓ |
| X 4 | 1 minute between rounds |
|  |  |  |  |
| **Mini Circuit 2** | **Reps** | **Time** | **Rest** |
| Mountain Climbers | 40 |   | 15-20 sec |
| Thrusters | 20 |   | 15-20 sec |
| High Knees Sprint |   | 30 sec | 15-20 sec |
| Plank Hold |   | 1 min | ↓ |
| X 4 | 1 minute between rounds |
|  |  |  |  |
| **Mini Circuit 3** | **Reps** | **Time** | **Rest** |
| Ski Jumps, side to side | 20 |   | 15-20 sec |
| Walk Outs | 15 |   | 15-20 sec |
| Bear Crawls, forwards & Backwards | 12 |   | 15-20 sec |
| Hollow Hold |   | 30 sec | ↓ |
| X 4 | 1 minute between rounds |
|  |  |  |  |
| **Mini Circuit 4** | **Reps** | **Time** | **Rest** |
| Box Plank, Knees up |   | 30 sec | 15-20 sec |
| Kneeling 4 point superman switch  |   | 1 Min | 15-20 sec |
| X 4 | 1 minute between rounds |