



with Lee Chin



Friday Week 8 - The Works

2 x 8 Minutes

Burpee 15 reps

Push ups 20 reps

Lunges 20 reps per side

Squats 20 reps

2 x 8 Minutes

Mountain Climbers 20 reps

Jack Knifes 15 reps

Jump Squat 20 reps

Plank 30 secs