

# DAY 15

## The Session

**Format 30 Seconds Work 30 Seconds Rest For 5 rounds**

**Seesaw lunge**

**Single leg hamstring bridge**

**Format 30 on 30 on 30 off 30 on 30 on 60 off repeat - 5 rounds**

**Push ups**

**Dips**

**Rows**

**Curls**