

DAY 16

ENOM

Every minute on the minute

(If reps take 40 secs your will get 20 secs rest before the next exercise)

Min 1 : 5/5 Lunges + 10 Squats

Min 2 : 30 Star Jumps

Min 3 : 10 Push Ups + 10 Dips

Min 4 : 30s High Knees/Skipping

Intervals

30s work, 15s rest

Plank Hold

Plank-Up

Russian Twist