

COMBO PLATTER

SUPER SET #1

DUMBBELL MILITARY PRESS 3 X 8-12 REPS

MOUNTAIN CLIMBERS 3 X 20 REPS

SUPER SET #2

GOBLET SQUAT 3 X 8-12 REPS

JUMP ROPE 3 X 20 REPS

SUPER SET #3

BARBELL BENT OVER ROW 3 X 8-12 REPS

SPRINTS 3 X 100 METERS

SUPERSET #4

HANGING LEG RAISES 3 X 10-14 REPS

TUCK JUMPS 3 X 20 REPS