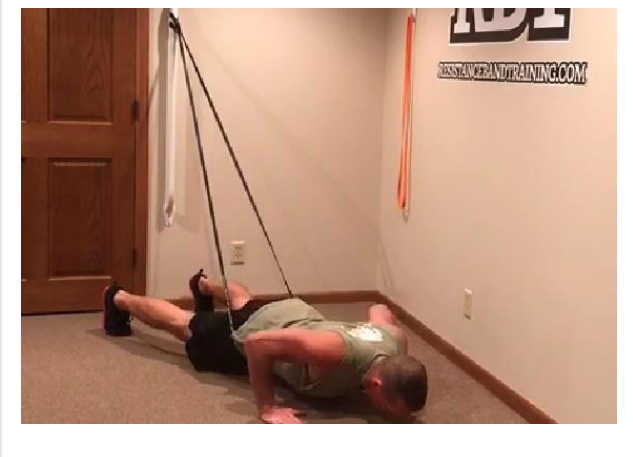
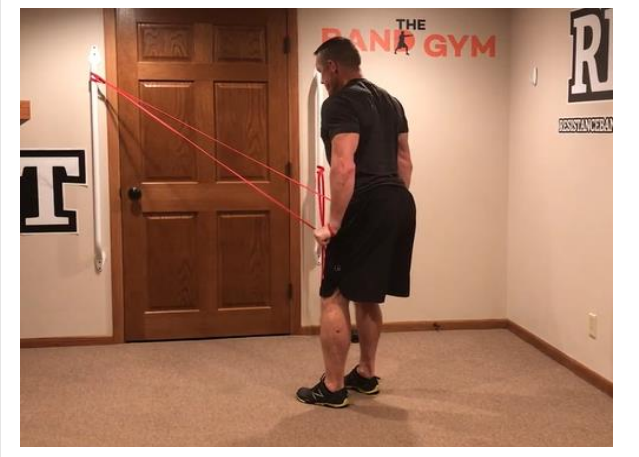


At each station alternate between 2 exercises performing 30-sec of work /15-sec rest. That is 1 round. Complete 4 Rounds at each station before resting for 2-min and moving on to the next station. Complete all 4 stations for a 30-min workout.

Station 1



[Assisted Pushup](#)

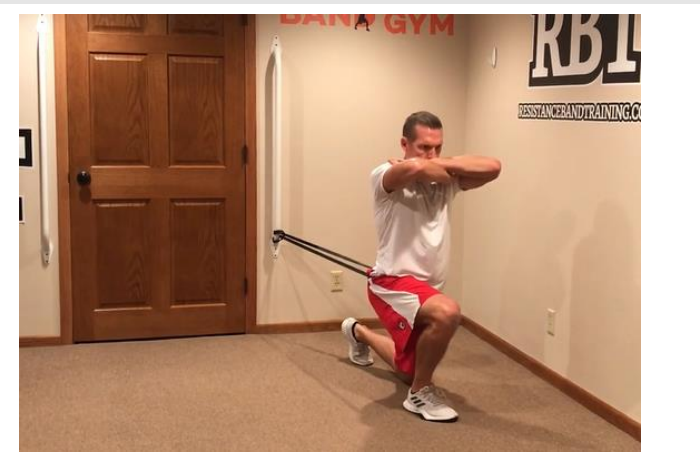


[Pull Through](#)

Station 2



[Reverse Lunge Left](#)



[Reverse Lunge Right](#)

Station 3



Single Arm Squat Row Left and Right

Station 4



Kneeling Pillar Press Right and Left