

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

Station 1

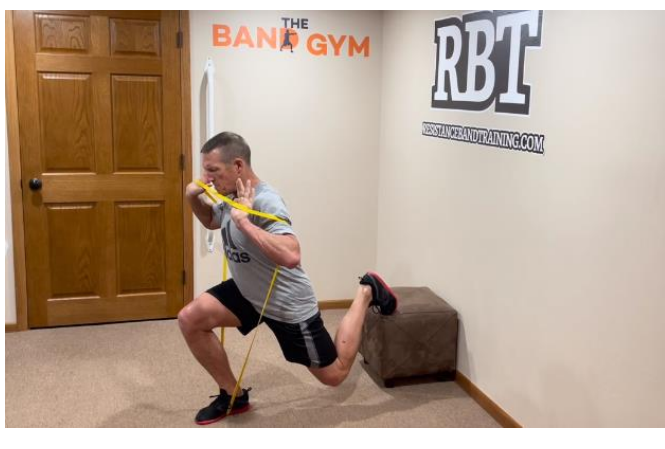


[Squat Chest Press](#)



[Seated Low Row](#)

Station 2



[Elevated Split Squat Right](#)

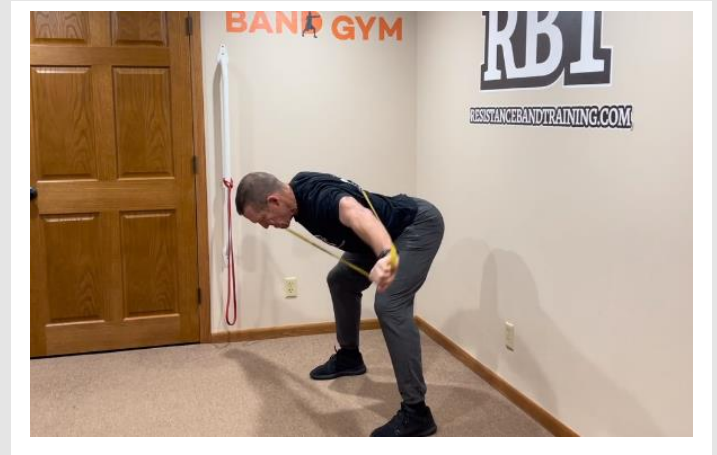


[Elevated Split Squat Left](#)

Station 3



[Overhead Push Press](#)



[Bent Over Pull a Part](#)

Station 4



[Towel Curl](#)



[Elevated Mt Climber](#)