

Station 1

Alternate between these 2 exercises doing 30-seconds of work followed by a 15-second rest/transition. Repeat this for 12 total sets (6 per exercise). Take a 90-sec rest and move to station 2.



Reach Squat



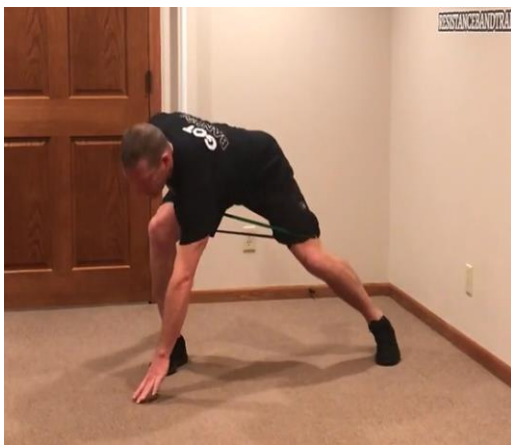
Skaters

Station 2

Alternate between these 2 exercises doing 30-seconds of work followed by a 15-second rest/transition. Repeat this for 12 total sets (6 per exercise). Take a 90-sec rest and move to station 3.



Step Overs



Rhythmical Low Reaches

Station 3

Alternate between these 2 exercises doing 30-seconds of work followed by a 15-second rest/transition. Repeat this for 12 total sets (6 per exercise).



Seal Jacks



Burpee