

AOT'S WARRIOR CHALLENGE

METABOLIC BOOSTER

Note: There is no designated rest time. Rest as needed. Minimize down time!

Do **five** sets each of the following:

20 donkey kicks– heels to bum and get high!+ 5 push ups

20 1/2 way walking lunges (10 on each side-bottom to half almost like a bounce)+ 4 scissor lunges

20 plank jacks (be great if feet were elevated ie bosu, small crate)+4 plank rotations or T-ups

20 squat and overhead press with a lite weight+ 5 jump squats

Add: 1st round– 20 sec full tilt sprint

2nd round–30 sec full tilt sprint

3rd round– 40 sec full tilt sprint

4th round– 50 sec full tilt sprint

5th round– 1 min full tilt sprint

I WORKOUT

BECAUSE



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