

**GUESS WHO'S**



**WORKING OUT THIS  
WEEKEND**



**NEW BODY  
UNDER CONSTRUCTION**



# **JANUARY'S WORKOUT CHALLENGE**

## **TWISTED BURPEE SERIES**

Complete the following as quickly as you personally can:

2 min treadmill incline fast jog

10 v-ups

40 burpees

1 min treadmill incline fast jog

20 double leg raises

30 burpees

30 sec treadmill incline sprint

30 decline plank toe taps

20 burpees

1 min, 0 incline fast sprint

40 -20 left side/right side-side plank hip raise

10 burpees

2 min, 0 incline treadmill jog

Don't have a treadmill? Substitute for any other cardio move but stick to the time frame. Stairs are a great way to change it up as is skipping.

**AllOutTraining.ca 519-520-5374**

Yourtrainers@hotmail.com • All Out Training

