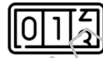




GO FOR TIME

Complete this workout as fast as possible



6 SETS

Complete 6 sets of each exercise below



Park

Fun WOD at the park. It's also suitable for home or on the go



Notes

Modify or substitute any exercise to suit your fitness level



1/4 mile run (or walk)



15 Dips



15 V-Crunches

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

©2022 COPYRIGHT FLASH ROUTINE IS A PROPERTY OF RAMFITNESS, LLC.

PERSONAL USE ONLY. NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER, RAMFITNESS.COM



Get More!

- ✓ High-resolution prints
- ✓ Remove watermark
- ✓ Complete Stretching Guides
- ✓ 100s Complete Flash Routines
- ✓ Complete Workout Plans
- ✓ Training and tracking logs
- ✓ Complete Nutrition Suite
- ✓ Quick-Start Diet Guide
- ✓ 15 Steps Weight-Loss Guide
- ✓ Huge Recipe library
- ✓ Dining Out Guides
- ✓ Food Tracking Charts
- ✓ And much more!

Get an All-Access at

[RAMFITNESS.COM/PRICING](https://www.ramfitness.com/pricing)