

## WOD #1





## 15 SFTS

Complete 15 sets of each exercise below



## HIIT

High Intensity Interval



## Notes

Perform 1 minute of jump ropes followed by 30 seconds of push ups. Repeat until you complete 15 sets of each exercise





1 minute Jump Rope



30 seconds Push Ups

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

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