



### Go For Time

Complete this workout as fast as possible



### 5 Sets

Complete 5 sets of each exercise below



### Notes

Modify or substitute any exercise to suit your fitness level



**25** Knee Strikes (each side)



**25** Jab / Cross (each side)



**5** Reverse Burpees

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

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