



Go For Time

Complete this workout as fast as possible



10 Sets

Complete 10 sets of each exercise below



Park

Fun WOD at the park



Notes

Modify or substitute any exercise to suit your fitness level



45 Seconds High Plank



45 Seconds Dead hangs



15 Sumo Squats



45 Seconds Hanging Knee Raises



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)