

TEEN 137 MEMORIAL WORKOUT

33 FRONT SQUATS
33 KETTLEBELL SWINGS (10 LBS)
10 PARTNER OVER BURPEES
20 SECOND PLANK
100 METER RUN

5 PULL-UPS
30 OVERHEAD ARM CLAPS
10 PUSH-UPS
20 SECOND PLANK
100 METER RUN

5 PULL-UPS
10 BOX JUMPS
20 SECOND PLANK
100 METER RUN

5 PULL-UPS
30 BICYCLES
20 SECOND PLANK
100 METER RUN

