

Notes & Times:

Outdoor Workouts: Countdown

Countdown Circuit

You'll need plenty of stamina for this workout but you'll feel fantastic when you're done.

Grab a partner to train with and you can encourage each other through the tough parts!

You'll need:

Mat / Towel

Skipping rope

Bench or low wall

Water!

Warm Up

Light jog, 10 x hip flexor walking lunges, 10 x bodyweight squats, 5 x walkout to push up, 10 x alternating toe taps.

The Workout

100 Skips

90 Step ups (45 each leg)

80 Crunches

70 Squats

60 Mountain climbers

50 Push ups

40 Tricep dips

30 Jumping jacks

20 Reverse lunges

10 Burpees!

Cool down and stretch