



Club10k Strength Circuit 2

Jump Pulse Squats: 50 secs

Rest 10 sec

Burpee 50 secs

Rest 10 sec

Press Ups 50 secs

Rest 10 sec

Jumping Lunge/Step Lunge 50 secs

Rest 10 sec

Marching Plank 50 secs

Rest 10 sec

High Knee Sprint 50 secs

Rest 30 sec

Repeat ABOVE x 3