


10 SSH
10 Mountain Climbers
10 Parker Peters
10 Peter Parkers
Honeymooner
DownDog 
10 SSH
10 Imperial Walkers
10 Hillbilly Walkers

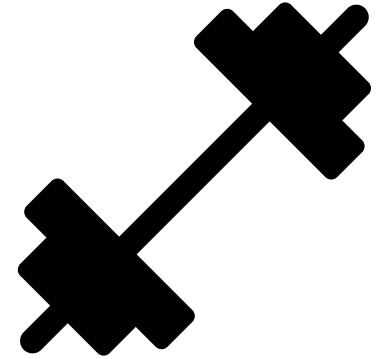
20 Merkins
10 KB Swings
20 Merkins
15 KB Swings
20 Merkins
20 KB Swings
20 Merkins
25 KB Swings


20 Goblet Squats
10 KB Swings
20 Goblet Squats
15 KB Swings
20 Goblet Squats
20 KB Swings
20 Goblet Squats
25 KB Swings

20 Flutters w/ bell
10 KB Swings
20 Flutters w/ bell
15 KB Swings
20 Flutters w/ bell
20 KB Swings
20 Flutters w/ bell
25 KB Swings

5 UHauls
10 KB Swings
10 UHauls
15 KB Swings
5 UHauls
20 KB Swings
10 UHauls
25 KB Swings

20 Merkins
5 UHauls
20 Goblet Squats
5 UHauls
20 Flutters – with bell
5 UHauls
20 Kettle Bell Swings
5 UHauls



10 SSH - cadence
10 Mountain Climbers
10 Parker Peters
10 Peter Parkers
Honeymooner
DownDog 
10 SSH
10 Imperial Walkers
10 Hillbilly Walkers

20 Merkins - singles
20 LBCs - cadence
20 Merkins - singles
20 LBCs - cadence
20 Merkins - singles
20 LBCs - cadence
20 Merkins - singles
20 LBCs - cadence

20 Squats - cadence
20 SSH - cadence
20 Squats - cadence
20 SSH - cadence
20 Squats - cadence
20 SSH - cadence
20 Squats - cadence
20 SSH - cadence

20 Flutters - cadence
20 Plank Jacks
20 Flutters - cadence
20 Plank Jacks
20 Flutters - cadence
20 Plank Jacks
20 Flutters - cadence
20 Plank Jacks

20 Seal Jacks -cadence
20 Imperial Walkers
20 Seal Jacks -cadence
20 Imperial Walkers
20 Seal Jacks -cadence
20 Imperial Walkers
20 Seal Jacks -cadence
20 Imperial Walkers

20 Merkins - singles
20 Squats - cadence
20 LBCs - cadence
20 Flutters - cadence
20 Seal Jacks -cadence
20 SSH - cadence
20 Plank Jacks
20 Imperial Walkers

