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| **Round 1** |  | **Time** |
| Pulse Squats | | 0:45 |
| Jump Squats | | 1:15 |
| Burpees |  | 2:00 |
| Reverse Lunge | | 3:00 |
| Pulse Squats | | 3:30 |
| Burpees |  | 4:15 |
| Hydrate |  | 5:00 |
| **Round 2** |  |  |
| Wide Push-ups | | 5:45 |
| Diamond Push-ups | | 6:15 |
| Burpees |  | 7:00 |
| Pulse Squats | | 8:00 |
| Jump Squats | | 8:30 |
| Reverse Lunge | | 9:15 |
| Hydrate |  | 10:00 |
| **Round 3** |  |  |
| Shoulder Taps | | 10:45 |
| Diamond Push-ups | | 11:15 |
| Burpees |  | 12:00 |
| Jump Squats | | 13:00 |
| Pulse Squats | | 13:30 |
| Reverse Lunge | | 14:15 |
| Hydrate |  | 15:00 |
| **Round 4** |  |  |
| Push-ups |  | 15:45 |
| Pulse Squats | | 16:15 |
| High Knees | | 17:00 |
| Shoulder Taps | | 18:00 |
| Diamond Push-ups | | 18:30 |
| Jump Squats | | 19:15 |
| Hydrate |  | 20:00 |
| **Round 5** |  |  |
| Burpees |  | 20:45 |
| Reverse Lunge | | 21:15 |
| Squats |  | 22:00 |
| Arm Haulers | | 23:00 |
| Burpees |  | 23:30 |
| Jump Lunge | | 24:15 |
| Hydrate |  | 25:00:00 |