

WORKOUT

Thursday 24th May 2018

WARM-UP

300 x Normal Skips

OR

100 x Double Unders

WORK OUT

20 minutes

"Every Minute On Alternating Minutes"

10 x Dead Lifts - must be heavy

10 x Kettle Balls - must be heavy

FINISHER

3 x 100 metre Sprints

First @ 75%

Second and Third @100%