

CONDITIONING + CORE

Preview Week, Day 3

Set your timer for 40 minutes or a time you select. Complete as many rounds of this circuit as you can in that time frame. Keep rest short between exercises. Rest 2-3 minutes between rounds.

1 *Bench Hop Overs* 15 reps/side

2 *Bicycle Crunches* 10 reps/side

3 *High Toe Taps* 10 reps/side

4 *Alternating Shoulder Taps* 10 reps/side

5 *Standing Knee to Elbow Touch Jumps* 10 reps/side

6 *High Plank In and Out Jumps* 20 reps