

TOTAL BODY

Preview Week, Day 6

Each of the 3 rounds lasts 8 minutes. On the odd minutes (minutes 1, 3, 5 and 7), complete the specified exercise. On the even minutes (minutes 2, 4, 6 and 8) complete the specified exercise. Use any time in between to rest. Complete 8 minutes of Round 1 before moving onto Round 2, and so on.

Round 1
(8 Minutes)

Stiff Leg Deadlift to Clean & Press

ODD
minutes 10
reps



Extended Crunches

EVEN
minutes 10
reps



REST 2-3 MINUTES

Round 2
(8 Minutes)

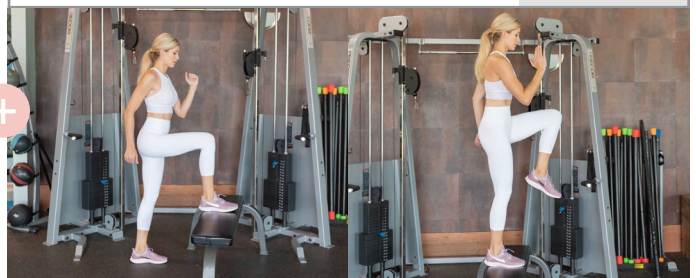
High Plank In/Out Jump to Push Up

ODD
minutes 8
reps



Knee Ups

EVEN
minutes 8
reps/side



REST 2-3 MINUTES

Round 3
(8 Minutes)

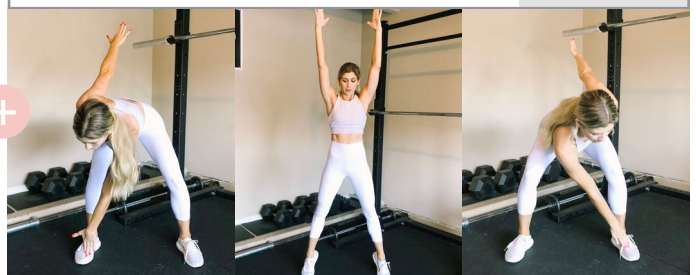
Bicep Curl to Shoulder Press

ODD
minutes 10
reps



Squatted Crossbody Toe Touch to Jump

EVEN
minutes 10
reps



REST 2-3 MINUTES