



Saturday (3/15)- ABS/Fat Burn

(Keep weight challenging not light)

**Bear Crawl- 25 YRDS – Burpees 10 Reps- Bear Crawl – 25 YRDS
(10 Rounds) 30 sec rest in between each round**

Shuttle Runs

**20 yrd sprint touch the ground sprint back 20 yrds
(20 rounds total) 15 sec rest between each shuttle (after 40 yrds)**

**Lunges- 25 yards- Push-Ups 15 Reps- Sprint 50 yrds
(8 Rounds total)- 25 sec rest after each round**

Mountain Climbers

SS

Lying Leg Raises

SS

Standard Crunches

4 Rounds 30 Reps each – 30 sec rest between each round