



## **WEEKEND TEST**

### Stretches:

- Legs (Hamstrings, quads) | Arms (Shoulders, triceps) | Chest

### Best Time:

1. 50 Burpees
2. 100 Push-Ups
3. 150 Sit-ups
4. 200 Squats

### END

Post your results on social media tagging:

Instagram: @world\_champ\_training [https://www.instagram.com/world\\_champ\\_training/](https://www.instagram.com/world_champ_training/)

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