



DAY 10: Level 2 (Medium)

Warm up:

- 100 Jumping-jax or 200 Jump rope

Stretches:

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

Workout of the Day:

- Push yourself to complete this workout in the fastest time possible:
- Equipment one pair of dumbbells or kettle bell
- 90 second rest between set one and two

SET ONE

- 10 Burpees
- 40 Overhead Lunges
- 10 Burpees
- 30 Bent Over Rows
- 10 Burpees
- 20 Thrusters
- 10 Burpees

SET TWO

- 5 Burpees
- 30 Overhead Lunges
- 5 Burpees
- 20 Bent Over Rows
- 5 Burpees
- 10 Thrusters
- 5 Burpees

CORE:

- 2-minute timer- As many sit-ups possible (30 second rest)
- 2-minute timer- As many Russian twists possible (30 second rest)
- 2-minute timer- As many bicycle kicks possible

END

Post your results on social media tagging:

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Hashtags: #WorldChampTraining #TomorrowStartsNOW #GrindTillWeGetThat