



#### **DAY 4: Level 2 (Medium)**

##### Warm up: 5 Rounds

- 30 Jumping Jax

##### Stretches:

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

##### Workout of the Day:

(Instruction)

- Set up 2 cones. The first as start and end and a second 10 yards away
  - Rest: little to no rest through entire workout
1. Perform 10 jump-lunges + 10 pull-ups + 10 push-ups, sprint to cone and sprint back
  2. Perform 9 jump-lunges + 9 pull-ups + 9 push-ups, sprint to cone and sprint back
  3. Perform 8 jump-lunges + 8 pull-ups + 8 push-ups, sprint to cone and sprint back
  4. Continue until you reach zero

##### CORE:

50 V-Ups | 50 Leg Raises

3 minutes plank (break into sets if necessary)

##### END

Post your results on social media tagging:

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