

Workout of the Day!
Friday Challenge – Beat the Trainer

James did 12 rounds – who can beat it?

Equipment: Jumprope

40 Minutes, AS MANY REPS AS POSSIBLE

10 Burpees

15 Sit ups

20 Lunge Jumps (Lunges)

25 Air Squats

30 Double Under Jumprope

Alternative 30 Normal Jumprope skips or 30 jumping jacks

Cool down and stretch