



Workout of the Day
















AFAP

As Fast as Possible

Complete the prescribed reps continuously and in as fast a time as possible: post your total time

3 Rounds Continuous

<u>Work</u>	Hard	Medium	Light
25 Reps	Burpee 	Squat Jump 	Pogo Jumps 
5 Stairs / 4 Shuttle / 60 High Knee	5 Stair Climbs 	4 x 20m Shuttle 	60 High Knees 
30 Reps (15 Each Leg)	Jump Lunges 	Walking Lunges 	
5 Stairs / 4 Shuttle / 60 High Knee	5 Stair Climbs 	4 x 20m Shuttle 	60 High Knees 
30 Reps	Mountain Climber 	Plank & Reach 	Leg Lower 