



# Workout of the Day





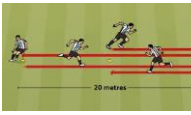



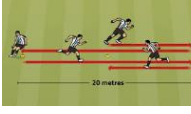



## AFAP

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>	<u>Hard</u>	<u>Medium</u>	<u>Light</u>
25 Reps	Burpee 	Squat Jump 	Pogo Jumps 
5 Stairs / 4 Shuttle / 60 High Knee	5 Stair Climbs 	4 x 20m Shuttle 	60 High Knees 
50 Reps (25 Each Leg)	Walking Lunges 	Lateral Lunges 	
5 Stairs / 4 Shuttle / 60 High Knee	5 Stair Climbs 	4 x 20m Shuttle 	60 High Knees 
30 Reps	Plank & Shoulder Touch 	Plank & Reach 	Deadbug 