



SR Fitness

Core Pyramid:

- 50 crunches
- 40 mountain climbers
- 30 side crunches
- 20 thread the needle
- 10 push-ups with knees to elbow
- 20 thread the needle
- 30 side crunches
- 40 mountain climbers
- 50 crunches

SR Fitness

HIIT sets - no equipment

Commit to being fit.



Tabata: repeat for 4 minutes

20 burpees 20 seconds/ 10 seconds rest

20 jumping jacks 20 seconds/ 10 seconds rest



Strength: repeat 4 times

Push ups - 30 seconds

Walking lunges - stay low - 30 seconds



Tabata #2: repeat for 4 minutes

Knee high run in place: 20 sec on/ 10 sec rest

Side to side jumping: 20 sec on/ 10 sec rest



Core: repeat for 4 minutes

Push-ups with knee to opposite elbow: 10

Plank alternating 1 let/1 arm up: 1 minute

Mountain Climber: 30 seconds



Tabata #3: repeat for 6 minutes

Reverse lunges with kick: 30 sec on/ 10 sec rest

Kiba jump squats: 4 squat, 1 jump 30 sec on/ 10 sec rest

Burpee with 3 push ups moving to side: 30 sec on/ 10 sec rest