



**EVERY MINUTE
ON THE MINUTE
TILL DEATH**
(CAP 15 MINUTES)

1x Burpee +1

1x Squat +1

15x Single Unders Skip Rope

**ALL ROUND
NIGHTMARE**
(CAP 30 MINUTES)

100x DUs (x3 SU)

90x Sit-ups

80x Walking Lunges

70x Side crunches

60x Jumping Squats

50x Push-ups

40x Bridges

30x Diamond push-ups

20x Pull-ups

10x Burpees

100x DUs (x3 SU)

ANFÄNGER ÜBERALL DIE HÄLFTE