



# WORKOUT OF THE DAY

(CAP 25 MINUTES)

5 ROUNDS

30 squats

10 pull up's

30 push up's

Buy out 500m run

# ANNIE

(CAP 16 MINUTES)

50-40-30-20-10

Double Unders (Single x 3)

Sit up's

ANFÄNGER ÜBERALL DIE HÄLFTE