



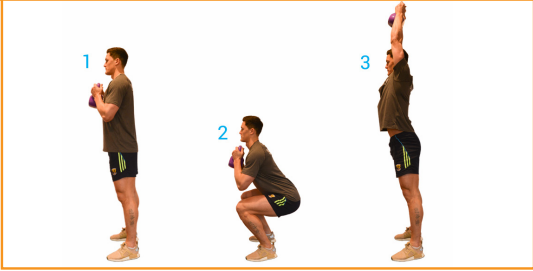
with Lee Chin



Friday Week 1 - The Works

2 x 5 Minutes

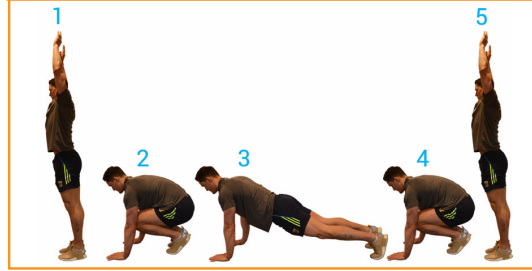
Squat Press with kettle bell **15 reps**



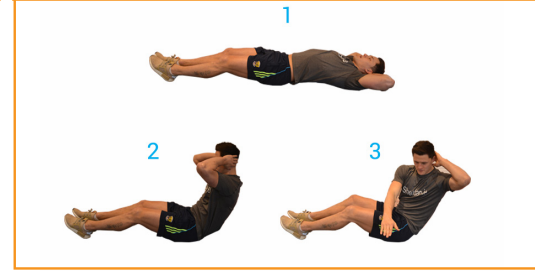
Plank **30 secs**



Burpees **10 reps**

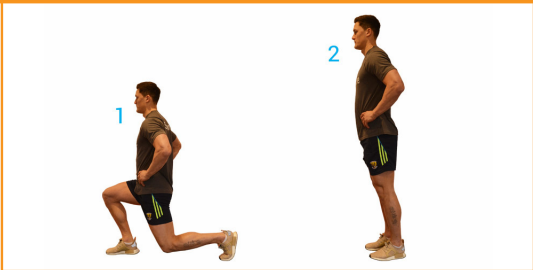


Sit Ups **15 reps per side**



2 x 5 Minutes

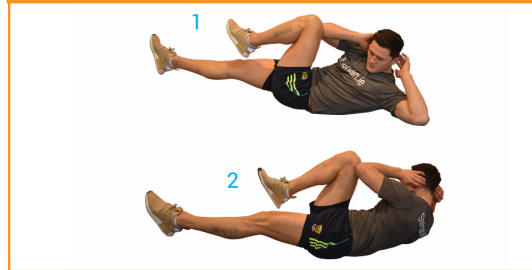
Walking Lunges **15 reps**



Push Ups **15 reps**



Bicycles **20 reps per side**



Knee Ups **15 reps per side**

