



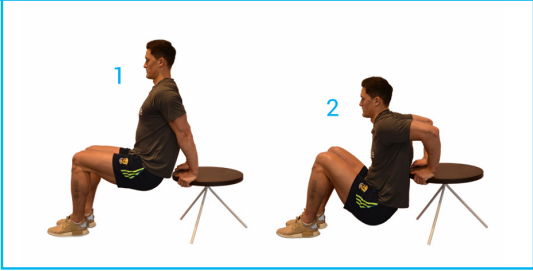
with Lee Chin



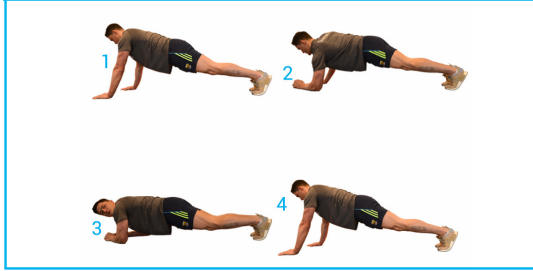
# Wednesday Week 2 - Guns & Tums

2 x 6 Minutes

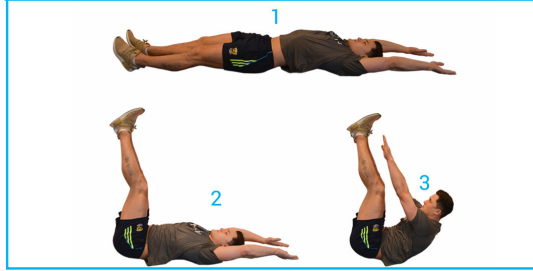
**Tricep Dips** 15 reps



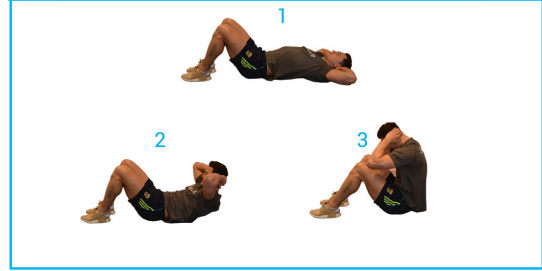
**Commandos** 24 reps



**Jack Knifes** 10 reps

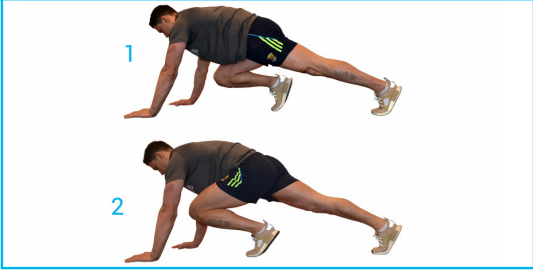


**Sit ups** 20 reps

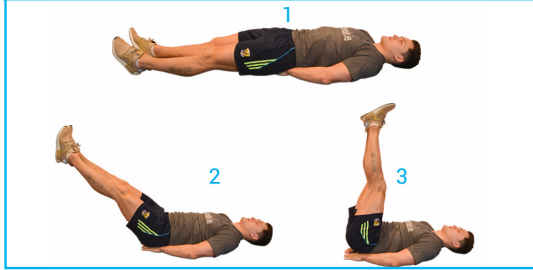


2 x 6 Minutes

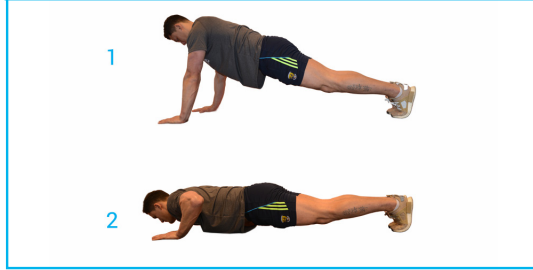
**Mountain Climbers** 15 reps per side



**Straight Leg Raises** 15 reps



**Push Ups** 15 reps



**Squat Press** 15 reps

