



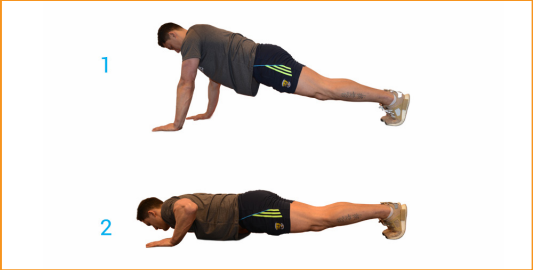
with Lee Chin



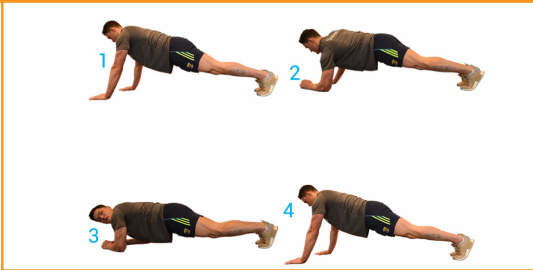
# Wednesday Week 3 - Guns & Tums

2 x 5 Minutes

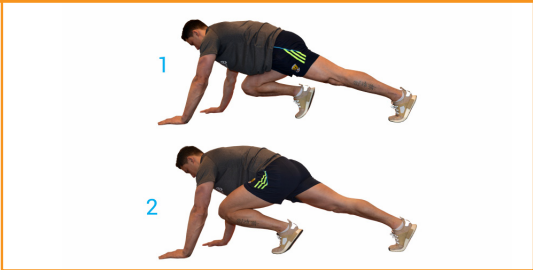
**Push Ups** 15 reps



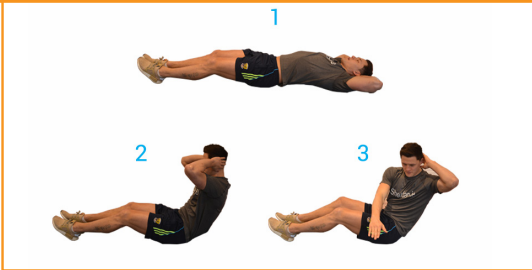
**Commandos** 15 reps



**Mountain Climbers** 20 reps



**Sit up and twist** 20 reps per side



2 x 5 Minutes

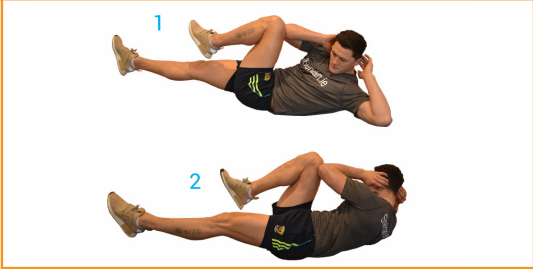
**Kettle Bell Squat Press** 15 reps



**Tricep Dips** 15 reps



**Bicycles** 20 reps per side



**Straight Leg Sit Ups** 15 reps

