



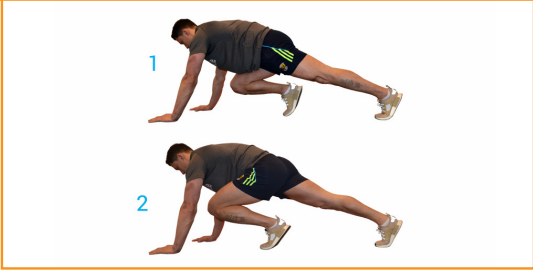
with Lee Chin



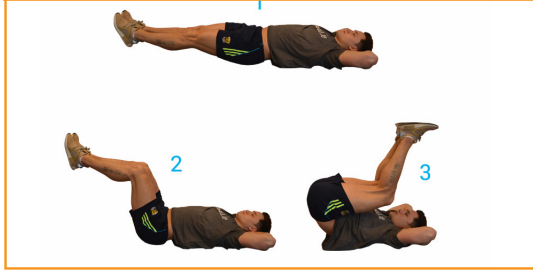
Friday Week 5 - The Works

2 x 8 Minutes

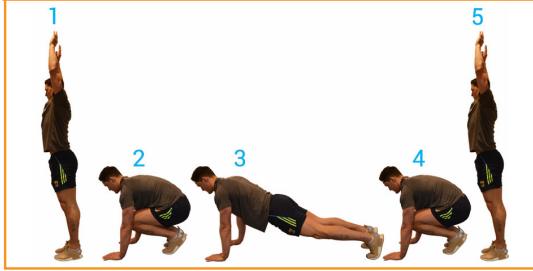
Mountain Climbers 40 reps



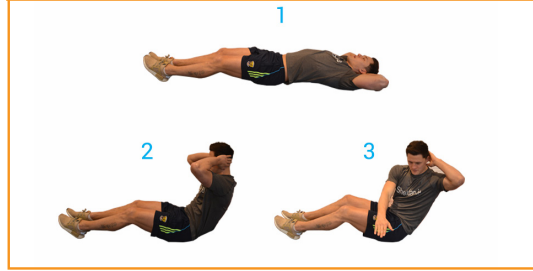
Knee Raises 15 Reps



Burpees 10 reps



Sit Up & Twist 15 reps per side



2 x 8 Minutes

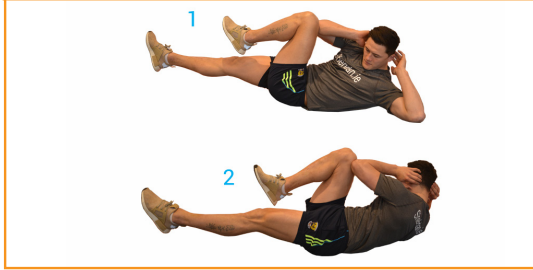
Skipping 100 reps



Push Ups 15 reps



Bicycles 20 reps per side



Knee Ups 15 reps per side

