



with Lee Chin



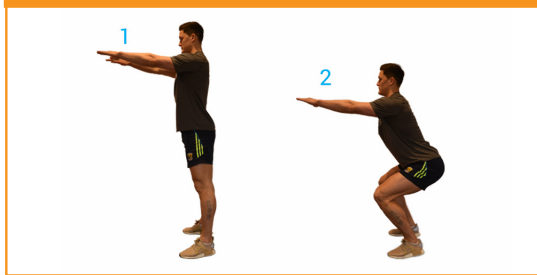
# Monday Week 5 - Bums & Calorie Burning

2 x 8 Minutes

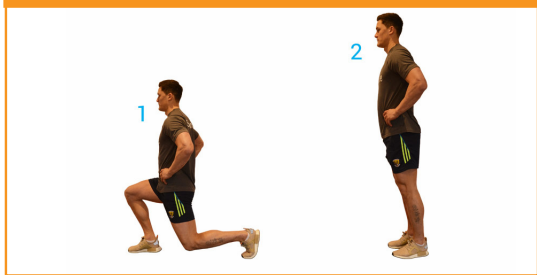
**Jump Squats** 15 reps



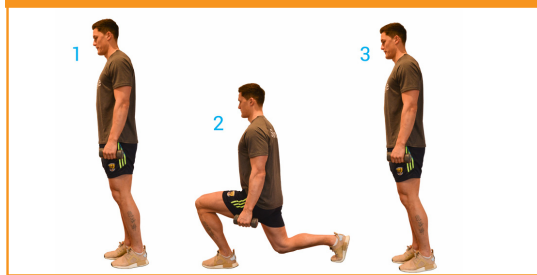
**Squats** 15 reps



**Lunges** 12 reps per side



**Lunge with weight** 12 reps per side

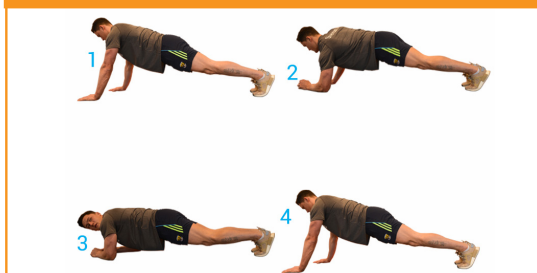


2 x 8 Minutes

**Burpees** 10 reps



**Commandos** 15 reps



**Kettle Bell Squat Press** 12 reps



**Skipping** 1 Min

