



with Lee Chin



# Wednesday Week 5 - Guns & Tums

2 x 8 Minutes

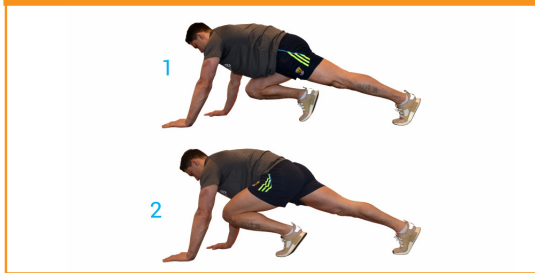
**Push Ups** 15 reps



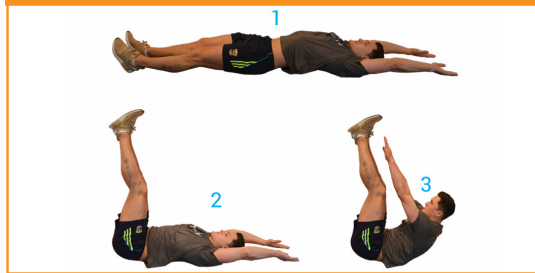
**Plank** 1 min



**Mountain Climbers** 24 reps



**Jack Knives** 20 reps



2 x 8 Minutes

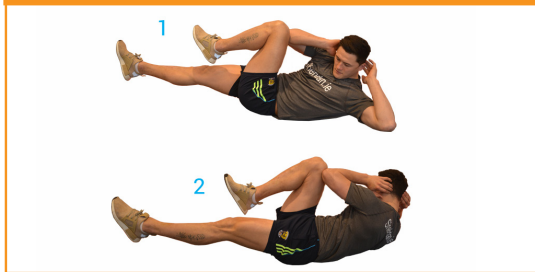
**Kettle Bell Squat Press** 15 reps



**Tricep Dips** 15 reps



**Bicycles** 20 reps per side



**Straight Leg Sit Ups** 15 reps

