



with Lee Chin



Friday Week 6 - The Works

2 x 8 Minutes

Burpee **10 reps**

Push ups **15 reps**

Lunges **15 reps**
per side

Jump Squats **15 reps**

2 x 8 Minutes

Commandos **15 reps**

Jack Knifes **15 reps**

Tricep Dips **15 reps**

Plank **30 secs**