



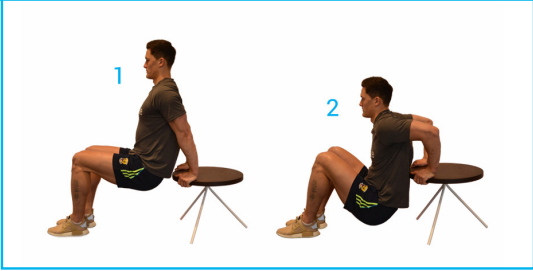
with Lee Chin



# Wednesday Week 6 - Guns & Tums

2 x 8 Minutes

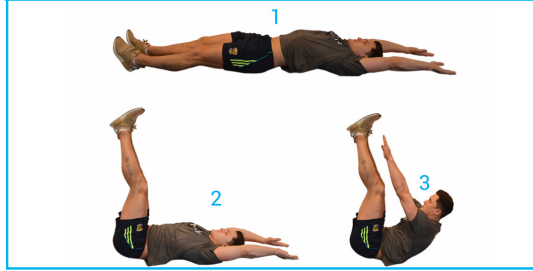
**Tricep Dips** 15 reps



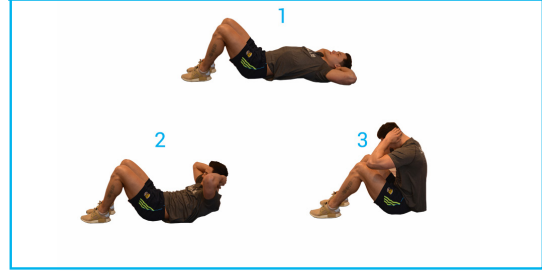
**Plank** 1 min



**Jack Knifes** 20 reps



**Sit ups** 20 reps

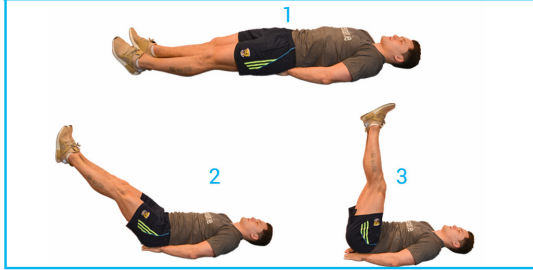


2 x 8 Minutes

**Mountain Climbers** 15 reps per side



**Straight Leg Raises** 15 reps



**Push Ups** 15 reps



**Squat Press** 15 reps

