



with Lee Chin



Wednesday Week 7 - Guns & Tums

2 x 8 Minutes

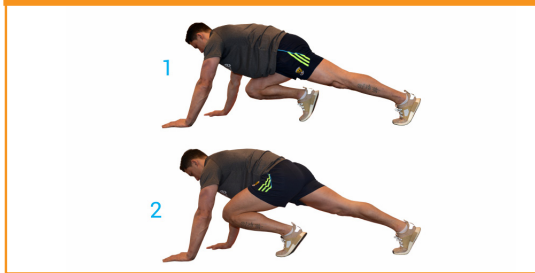
Push Ups 20 reps



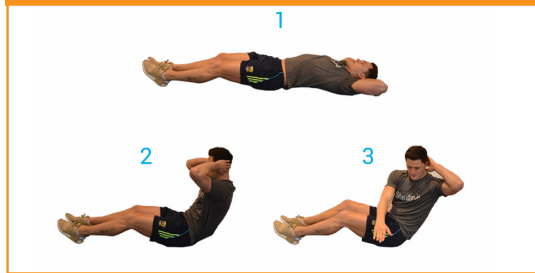
Lay Down Push Ups 20 reps



Mountain Climbers 25 reps



Sit up and twist 20 reps per side



2 x 8 Minutes

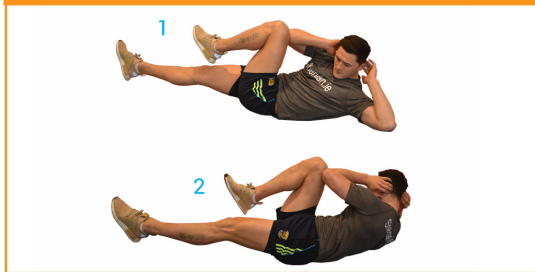
Sumo Squats 20 reps



Tricep Dips 20 reps



Bicycles 25 reps per side



Straight Leg Sit Ups 20 reps

