

Exercise	Duration	Transition
Warm-Up Jog	120 seconds	0 seconds
Round 1 - Repeat 2 times		
Run	30	10
Squat Jumps	30	10
Alternating Forward Lunges	30	10
Plyo Push-Ups	30	10
Squats/Squats with resistance tubes	30	10
Round 2 - Repeat 2 times		
Run with Punches	30	10
Alternating Split Jumps	30	10
Forward Lunges Left Repeating	30	10
Plyo Push-Ups	30	10
Forward Lunges Right Repeating	30	10
Switch Direction - Unhook Harness & Rehook to Front with Person Facing Rear		
Round 3 - Repeat 2 times		
Rear Facing Run - Unhook harness at end of run then rehook after final set of lunges in round	30	10
Rear Facing Squat Jumps	30	10
Rear Facing Step - Back Lunges (left side only) with Rows	30	10
Rear Facing Double Arm Rows (high speed with bands)	30	10
Rear Facing Step - Back Lunges (right side only) with Rows	30	10
Switch Direction - Unhook Harness & Rehook to Front with Person Facing Rear		
Cool down Jog	60	0
Cool down March	60	0
Plank with Alternating Knee to Chest	60	
Standing Trunk Rotation (using rear tower mounted bands)	60 per side	0
Standing Straight Leg Calf Stretch	30 per side	0
Standing Bent Knee Calf Stretch	30 per side	0
Standing Hamstring Stretch	30 per side	0
Kneeling Hip Flexor Stretch	30 per side	0

