

Exercise	Duration	Transition
Warm-Up Jog	70 seconds	0 seconds
<b>Round 1 - Repeat 3 times</b>		
Run	25	10
Squat	25	10
Push-ups/Plyo Push-Ups	25	10
<b>Round 2 - Repeat 3 times</b>		
Run with Punches	25	10
Alternating Forward Lunges with Chest Press	25	10
Squat Jumps	25	10
<b>Switch Direction - Unhook Harness &amp; Rehook to Front with Person Facing Rear</b>		
<b>Round 3 - Repeat 3 times</b>		
Rear Facing Run with Alternating Single Arm Rows	25	10
Rear Facing Squat with Double Arm Row	25	10
Rear Facing Split Jumps - both feet on soft surface	25	10
<b>Switch Direction - Unhook Harness &amp; Rehook to Front with Person Facing Rear</b>		
Cool down Jog	35	0
Cool down March	35	0
Plank with Alternating Knee to Chest	60	0
Trunk Rotation (using rear tower mounted bands)	60 each side	0
Standing Straight Leg Calf Stretch	45 each side	0
Standing Bent Knee Calf Stretch	45 each side	0
Standing Hamstring Stretch	45 each side	0
Kneeling Hip Flexor Stretch	45 each side	0

