**Circuit** 1 minute on/30 second transition

|  |  |  |
| --- | --- | --- |
|  | Round 1 | Round 2 |
| Wall Balls |  |  |
| Slam Balls |  |  |
| Push-ups |  |  |
| Lunges |  |  |
| Jump rope |  |  |
| Burpees |  |  |
| Sit-ups |  |  |
| KB Swings |  |  |
| Press or push press |  |  |

**Circuit** 1 minute on/30 second transition

|  |  |  |
| --- | --- | --- |
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| Wall Balls |  |  |
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