

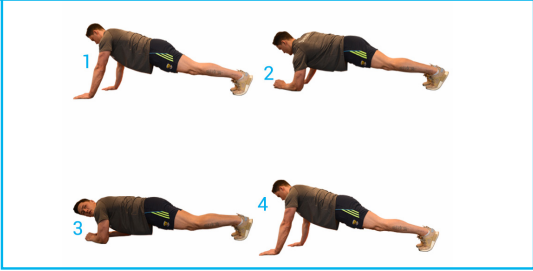


with Lee Chin

# Monday Week 2 - Bums & Calorie Burning

2 x 6 Minutes

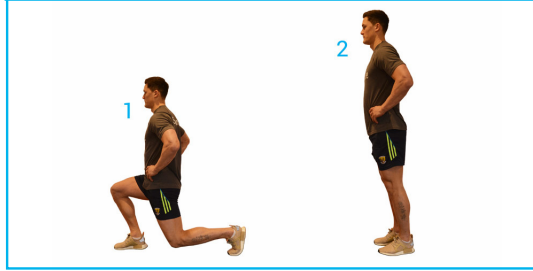
**Commando** 15 reps



**Plank** 30 secs



**Jump Lunge** 10 reps per side

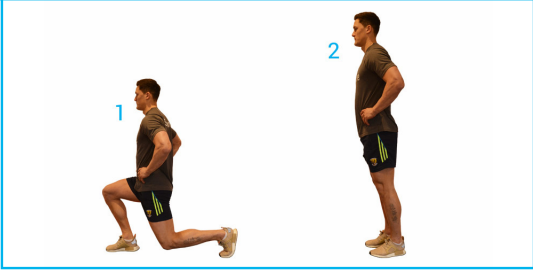


**Skipping** 100 reps

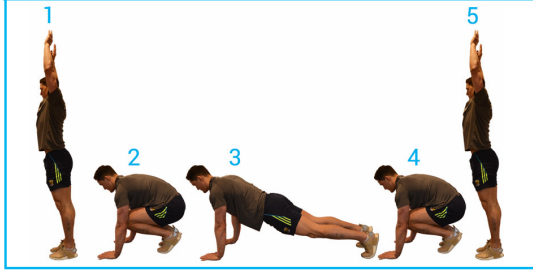


2 x 6 Minutes

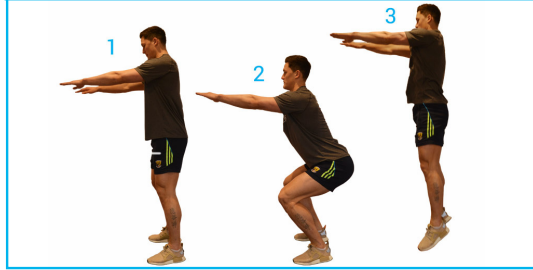
**Walking Lunges** 15 reps



**Burpee** 10 reps



**Jump Squat** 15 reps



**Knee Ups** 12 reps per side

