



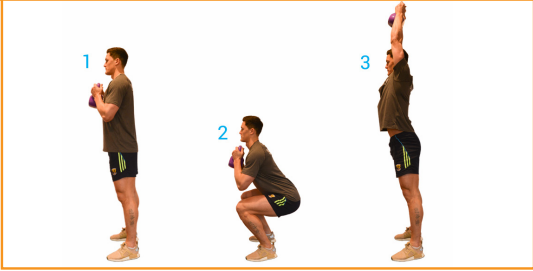
with Lee Chin



Friday Week 7 - The Works

2 x 8 Minutes

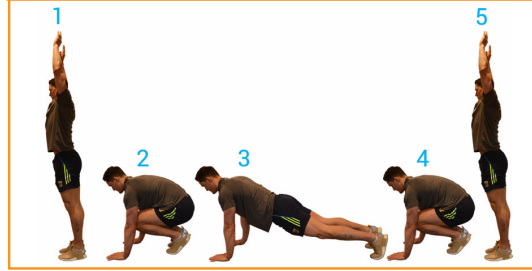
Squat Press with kettle bell **15 reps**



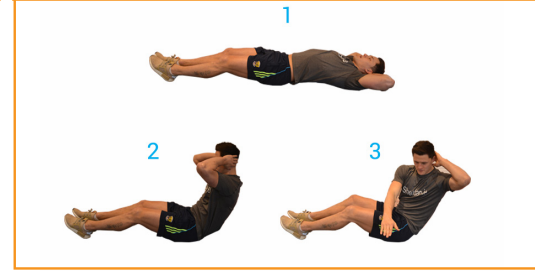
Plank **40 secs**



Burpees **15 reps**

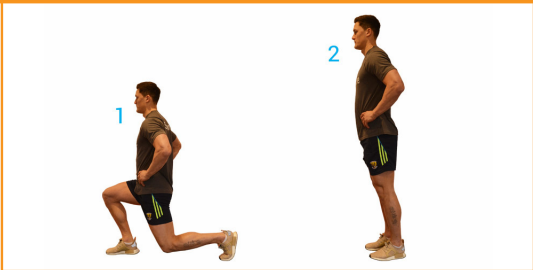


Sit Ups **20 reps per side**



2 x 8Minutes

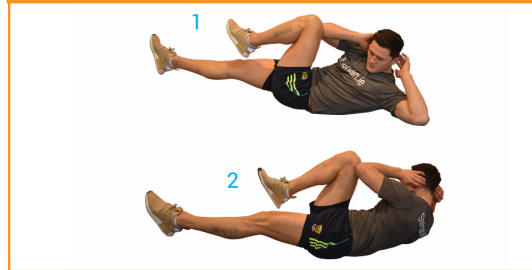
Walking Lunges **20 reps**



Push Ups **15 reps**



Bicycles **25 reps per side**



Knee Ups **20 reps per side**

