



F.I.I.T

REPEAT THE BELOW EXERCISES

5 ROUNDS

R1: 90sec | R2: 60sec | R3: 50sec

R4: 40sec | R5: 30sec

RUNNING ON THE SPOT

WALL SQUAT

PUSH UPS

WALKING LUNGES

SQUAT JUMPS

SHOULDER PUNCHES

MOUNTAIN CLIMBERS

HOVER