XPLODE

BLOCK 1

50 Body Weight Squats
40 Mountain Climbers
30 Plank Jacks
20 Shoulder Taps
10 Burpees

BLOCK 2

20 REPS
2-3 SETS

Push Ups
Bent Over Row
Bicep Curls
Trice KickBacks
Shoulder Press
Dumbbell Squat
1 Arm Dumbbell Swing

BLOCK 3

30 SECS
2-3 SETS

Ab Crunches
Reverse Crunches
Side Plank
Leg Raises