



XPLODE

Warm up for 2 minutes until
you break a light sweat

Work from 100 down then
from 10 back up to 100

100 Jumping Jacks

90 Mt Climbers

80 Russian Twists

70 Jump Squats

60s Plank

50 Plank Toe Taps

40 Leg Raises

30s Side Plank (each side)

20 Burpees

10 Clap Push Ups