

PEAK WEEK PAIRING

Equipment Needed: Workout Mat

You'll complete 2 exercises per round. You'll start with 10 reps of the first movement and 1 rep of the second movement and move in the opposite direction. The first movement you'll decrease by 1 rep and increase the second exercise by 1 rep until you've reached 1 rep on the first movement and 10 reps on the second movement. Take a quick break and repeat the same pattern with 2 new exercises for round 2.

Duration: 30-40 minutes

Workout:

- Round 1
 - 10 Burpees/ 1 Squat Jump
 - 9 Burpees/ 2 Squat Jumps
 - 8 Burpees/ 3 Squat Jumps
 -ALL THE WAY TO 1 BURPEE/10 SQUAT JUMPS
- Round 2
 - 10 Push-ups/ 1 Star V-Up
 - 9 Push-ups/ 1 Star V-Ups
 - 8 Push-ups/ 3 Star V-Ups
 -ALL THE WAY TO 1 PUSHUP/10 STAR V-UPS
- Round 3
 - 10 Star Jumps/ 1 CG Games Thruster
 - 9 Star Jumps/ 2 CG Games Thrusters
 - 8 Star Jumps/ 3 CG Games Thrusters
 -ALL THE WAY TO 1 STAR JUMP/10 CG GAMES THRUSTERS