

## REACH THE PEAK

### Equipment Needed: Workout Mat

There are two rounds with 5 exercises in each round. You'll work as hard as you can to make sure you get that heart rate up! You'll take a 45-60 second break before You'll repeat the exercises in each round 3x through. For an added challenge, time yourself each round and try to match or beat your time.

**Duration:** 30 minutes

### Workout:

#### Round 1:

- 30 mountain climbers
- 20 squat jumps
- 10 burpees
- 20 lunge jumps
- 30 fast jacks
- 1 min rest

x3

#### Round 2:

- 30 high knees
- 20 skaters jumps
- 10 burpees
- 20 squat jacks
- 30 shoulder taps
- 1 min rest

x3

