

STRENGTH & AGILITY BURNOUT

Equipment Needed: Workout Mat, Heavy Dumbbells

Complete each exercise in the round 4 times and then complete the burnout exercise for 1 minute before moving on to the next round. Each round has a strength movement followed by an agility movement.

Duration: 30 minutes

Workout:

Round 1: Complete both exercises in the round 4x before the 1 minute burnout

- (10) Shoulder Presses
- (30) In-In Out-Outs (i.e. right foot over the line, left foot over the line, right foot back, left foot back)
- **BURNOUT:** Push-Ups (1 minute)

Round 2: Complete both exercises in the round 4x before the 1 minute burnout

- (10) Half Bicep Curls (i.e. start at 90 degrees)
- (10) Mat High Knees (i.e. high knees to the top of mat with quick feet back to the bottom of the mat)
- **BURNOUT:** Bicep Curls (1 minute)

Round 3: Complete both exercises in the round 4x before the 1 minute burnout

- (10) Overhead Tricep Pulses
- (30) Dumbbell Toe Taps (i.e. turn dumbbell on it's side and tap toes on top)
- **BURNOUT:** Tricep Extensions (1 minute)

Round 4: Complete both exercises in the round 4x before the 1 minute burnout

- (10) Bent-Over Rows
- (10) Mat Burpee Broad Jump to Reverse Bear Crawl
- **BURNOUT:** Supermans (1 minute)

