Total Body Fitness & HS Physical Education: Day Three

Coach Cannon

Monday-Friday 8:00 a.m. to noon

300

Exercises in Chipper Format (do all reps before moving to next exercise)

1. V Ups- 25
2. Burpees- 50
3. Push Ups- 50
4. Box Jumps- 50
5. Russian Twists- 50
6. Mountain Climbers.- 50
7. V Ups- 25

Total Time it takes you to get it done: