



**THE
FITNESS
GURU**

20/10/5

20 Reps of 10 Exercises. 5 Sets
2 Minutes of Recovery Cardio between each set

1. Rope Jacks

Jumping Jacks holding the ends of the battle ropes, tips to the ceiling. If you don't have battle ropes, use 3 lb weights.

2. Push Ups

3. Jump Squats

Fett parrallel, bending deep into the squate and jumping as high as possible

4. Military Press

5. Stability Ball Crunchs

Lying on the top of the ball, legs and feet tight together

6. Burpees

7. Chest Press

8. Box Step Ups (single leg)

Stepping up onto the box, right leg first 20x, balancing at the top then lowering back down

9. Side Delt Raises

10. Jacknives

Head and shoulders stay lifted off the floor thru the entire set

**Time yourself. Three minutes of cardio between each set. Post results on Twitter, Instagram or FB.
#tfg20105**