

I Surrender	
Equipment: Resistance Bands	Duration: One Hour
<u>PART ONE</u>	<u>PART TWO</u>
30 or 40 TRICEP DIPS then 30 OR 40 INCLINE PRESSUPS RUN 200 metres to Part 2	15 or 20 of each of TRIPLE THREATS then TRICEP DIPS then PRESSUPS RUN 200 metres to Part 3
<u>PART THREE</u>	<u>PART FOUR</u>
15 to 20 SURRENDERS RUN 200 metres Repeat SURRENDERS	With Resistance Bands TRICEP EXTENSIONS OVERHEAD x10 PRESSUPS x 10 5 rounds non-stop

Remember to Warm up for 5-10 minutes at the start of any workout, and to stretch down for at least 5 minutes afterwards