

The End Will Finish You Off

Equipment: None	Duration: One Hour
<u>PART ONE</u>	<u>PART TWO</u>
<p>3 Sets of: CRAB WALK SQUARE (5 Crab steps each side)</p> <p>and</p> <p>5 Sets of: BUNNY HOP OUT x5 hops REVERSE BEAR CRAWL to return</p>	<p>Get in a line (all participants with 2 metres between):</p> <p>All participants perform JUMPING JACKS. Rearmost person RUNS a zigzag between others to the front, then next runs, until all have run</p> <p>2 rounds</p>
<u>PART THREE</u>	<u>PART FOUR</u>
<p>3 sets of:</p> <p>15 TRICEP DIPS followed immediately by 15 INCLINE PRESSUPS</p> <p>then</p> <p>HOP out 10 hops on right foot, JOG back, repeat exercises then HOP out 10 HOPS on left foot, JOG back</p>	<p>AMRAP (As many repetitions as possible) – 2 minutes each of:</p> <ul style="list-style-type: none"> • PRESSUP • SIT UP • SQUAT <p>and</p> <p>Finish with 15 or 20 BURPEES</p>

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