

## Leg Blast Challenge

Complete exercises as fast as you can. Time is recorded. Remainder of 3 minutes recovery. (4X3min blocks - 3mins Break) X2.

RD1 - Burpees X16, Lunge Changeovers X20, Squat Jumps X16, Mountain Climbers X30

RD2 - Rocket Jumps X16, Squats X20, Alt Drop Lunges X20, Squat Thrusts X30

RD3 - Split Jumps X16, Drop Squats X20, Tuck Jumps X16, Alternate Lateral Lunges X20

RD4 - Sidestep Widths X12, Alt For Lunges X12, Split Front Foot Hops X12 E/L, Squat-Squat Jump Combo X16

### 3 Minutes Recovery

RD5 - Burpees X16, Lunge Changeovers X20, Squat Jumps X16, Mountain Climbers X30

RD6 - Rocket Jumps X16, Squats X20, Alt Drop Lunges X20, Squat Thrusts X30

RD7 - Split Jumps X16, Drop Squats X20, Tuck Jumps X16, Alternate Lateral Lunges X20

RD8 - Sidestep Widths X12, Alt For Lunges X12, Split Front Foot Hops X12 E/L, Squat-Squat Jump Combo X16