

Death by Bodyweight Bulgarians (Equipment-Free)

Each round lasts 3 minutes as prescribed below and there's no break between rounds until the halfway mark

Grab a big bath or beach towel and your bodyweight

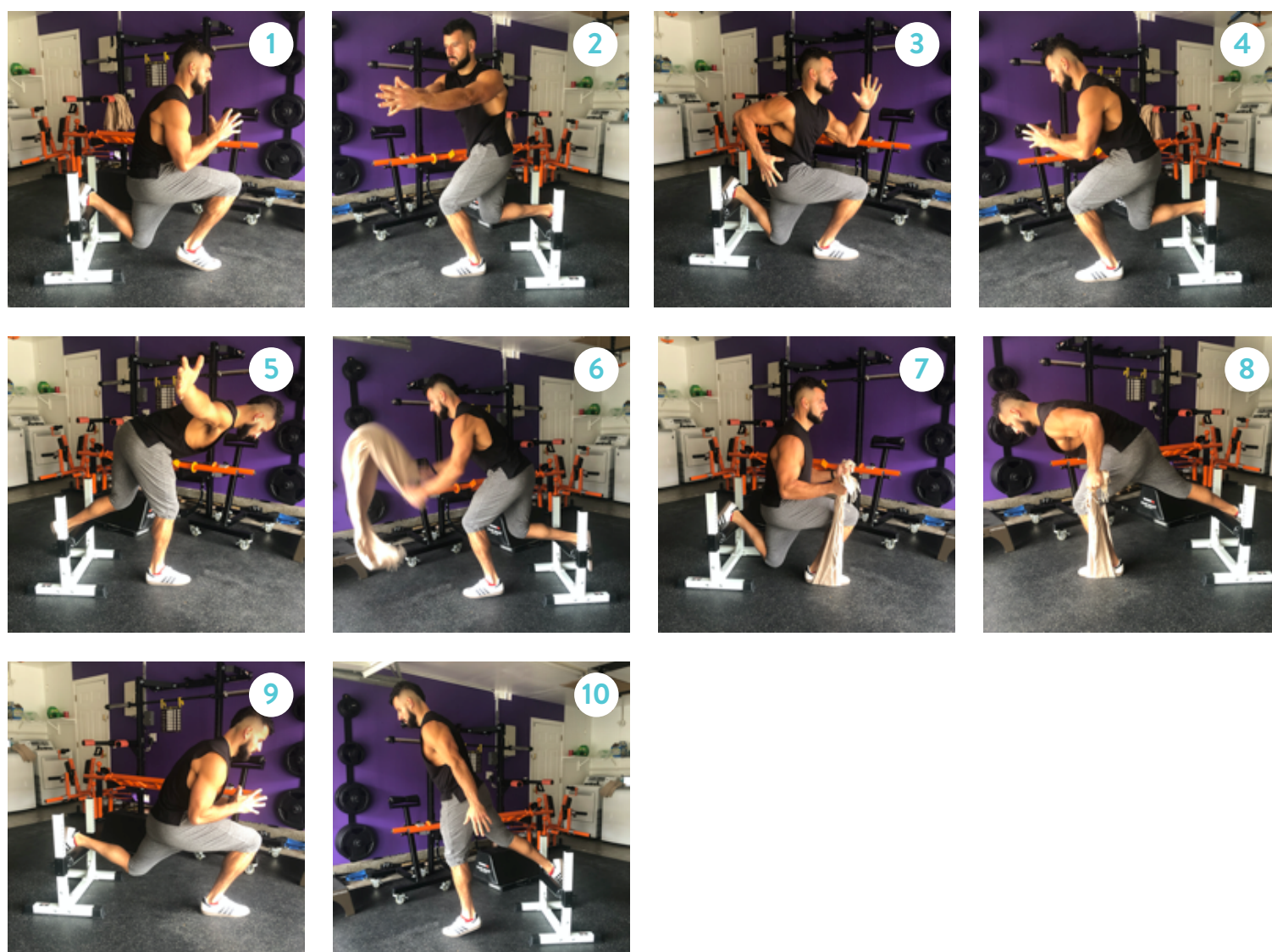
BSS = Bulgarian Split Squats (a.k.a. Brahim's Split Squats or BJSS)

3-MINUTE ROUNDS

Minute 1: BSS Variation- Left Leg @ 50 seconds on, 10 seconds off

Minute 2: BSS Variation- Right Leg @ 50 seconds on, 10 seconds off

Minute 3: Bear Crawl or Pushup Variation OR Rest @ 50 seconds on, 10 seconds off



	Exercise	Work	Rest
1	BSS ISO Calf Raises	3m	0s
2	BSS Level-Change T-Spine Twists	3m	0s
3	BSS Level-Change Runners	3m	0s
4	BSS 25s down, 25s up	3m	0s
5	25/25 Bulgarian T/Y-Hinges	3m	0s

1-MINUTE BREAK HIGHLY RECOMMENDED HERE

6	Bulgarian Towel Waves	3m	0s
7	Towel Hammer Curls	3m	0s
8	Bulgarian Towel Rows	3m	0s
9	BSS 25/25 Long/Close-Stance Complex	3m	0s
10	BSS Plyo Complex: Regular, Calf Raise, Jump	3m	0s

This is a 30-minute workout. If you feel the need to do another 10-round sequence, you simply didn't do it right the first time.