

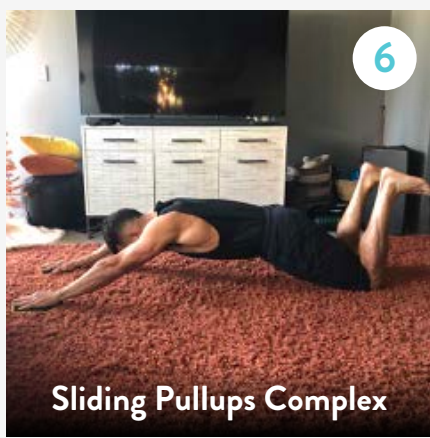
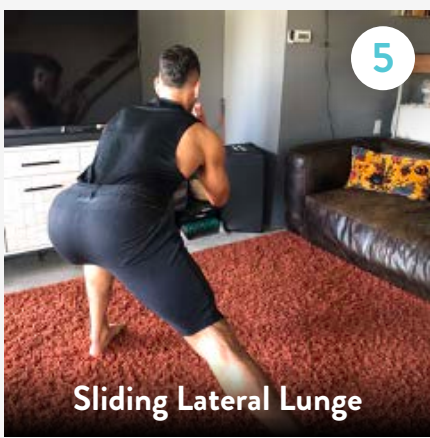
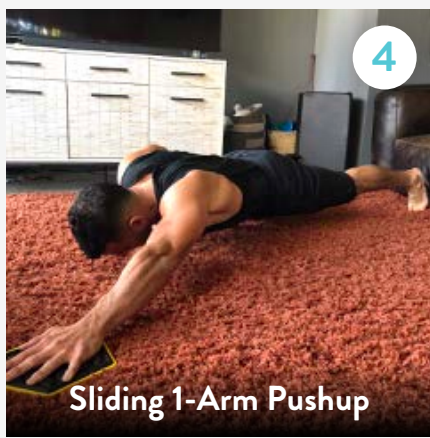
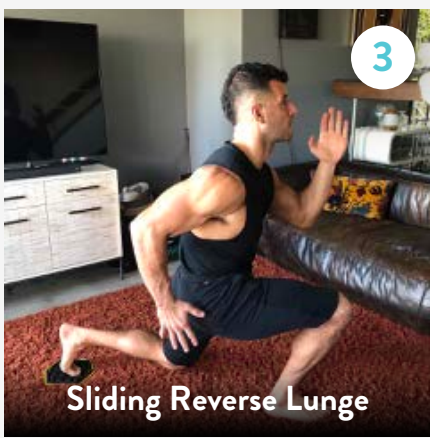
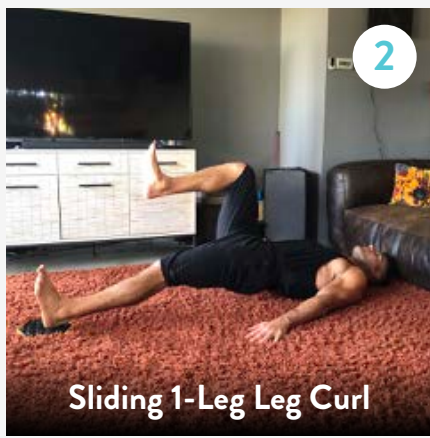
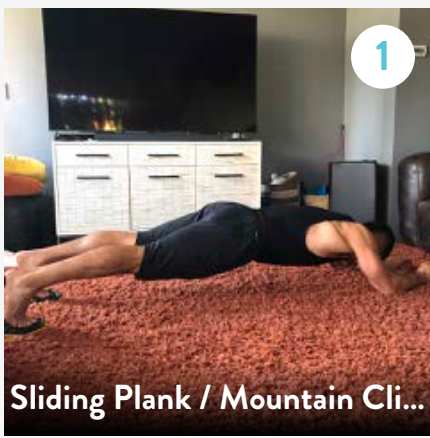
## Sliders

Perform each move for 2 minutes of work with 30 seconds of rest between moves:

Do up to 2 total rounds for a 30-minute workout.

|   | Exercise   | Time | Rest |
|---|--|------|------|
| 1 | <b>Sliding Plank / Mountain Climbers Complex</b><br><i>60 seconds each</i> | 2m   | 30s  |
| 2 | <b>Sliding 1-Leg Leg Curl</b><br><i>60 seconds / side</i>                  | 2m   | 30s  |
| 3 | <b>Sliding Reverse Lunge</b><br><i>60 seconds / side</i>                   | 2m   | 30s  |
| 4 | <b>Sliding 1-Arm Pushup</b><br><i>60 seconds / side</i>                    | 2m   | 30s  |
| 5 | <b>Sliding Lateral Lunge</b><br><i>60 seconds / side</i>                   | 2m   | 30s  |
| 6 | <b>Sliding Pullups Complex</b><br><i>60 seconds each</i>                   | 2m   | 30s  |

1 Round = 15 Minutes. Repeat **2x**



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-5-january-2019>