

Bodyweight & Box / Bench / Step

Circuit 1

Low Box / Step

Perform each move for 20 seconds of work with 10 seconds of rest between moves:

	Exercise	Work	Rest
a	Low Box Runners	20s	10s
b	Hand Stepups	20s	10s
c	Low Box Lateral Runners	20s	10s
d	Lateral Hand Stepups	20s	10s

Repeat steps a – d

Rest a minute and move on to Circuit 2

Circuit 2

High Box / Bench

Perform each move for 20 seconds of work with 10 seconds of rest between moves:

	Exercise	Work	Rest
a	Box Squat Jumps	20s	10s
b	Hands-Elevated Mountain Climbers	20s	10s
c	Alternating Stepup Jumps	20s	10s
d	Bench Hops	20s	10s

Repeat steps a – d

Rest a minute. That's 1 cycle. Do up to 3 total cycles.

