



B1. Circuit

Pyramid 10-1 reps

(Complete 10 reps of each exercise in the first set then complete 9 of each, then 8, etc. Until you work all the way down to 1 rep of each exercise.)

Burpee

Narrow Push up

SLS

Walking lunge

KB swing

Bicycle crunch

Messier squat

Curl to push press

Reverse crunch to hip up