

LISA'S UNACCUMULATOR WORKOUT

CHOOSE YOUR LEVEL

**COMPLETE ALL 10 EXERCISES FOR ROUND 1,
AND THEN KNOCK THE LAST EXERCISE OFF
FOR EACH CONSECUTIVE ROUND**

ADVANCE

SUICIDE SPRINT OR 40 HIGH KNEES PLANK

10 X NARROW & 10 X WIDE PUSH UPS

10 X SQUAT PRESS

50 MOUNTAIN CLIMBERS – 25 EACH SIDE

20X BENT OVER REVERSE FLYERS

10 X ELBOW TO HANDS PLANK – 5 PER SIDE

50 X POWER JACKS OR JUMP SQUATS

30 X REVERSE LUNGE – 15 PER SIDE

50 X SIT UPS

30 X BURPEES