

# **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**

### **BEGINNERS**

***SUICIDE SPRINT OR 20 HIGH KNEES PLANK***

***5 X NARROW & 5 X WIDE PUSH UPS***

***6 X SQUAT PRESS***

***30 MOUNTAIN CLIMBERS – 15 EACH SIDE***

***10 X BENT OVER REVERSE FLYERS***

***6 X ELBOW TO HANDS PLANK – 3 PER SIDE***

***30 X POWER JACKS OR JUMP SQUATS***

***20 X REVERSE LUNGE – 10 PER SIDE***

***30 X SIT UPS***

***10 X BURPEES***