

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**

INTERMEDIATE

SUICIDE SPRINT OR 30 HIGH KNEES PLANK

8 X NARROW & 8 X WIDE PUSH UPS

8 X SQUAT PRESS

40 MOUNTAIN CLIMBERS – 20 EACH SIDE

16 X BENT OVER REVERSE FLYERS

8 X ELBOW TO HANDS PLANK – 4 PER SIDE

40 X POWER JACKS OR JUMP SQUATS

24 X REVERSE LUNGE – 12 PER SIDE

40 X SIT UPS

20 X BURPEES