

YOU CAN DO THIS*

STRENGTH

Station 2

**30 second KB
swing**

**30 lunge
with press**

STRENGTH

Station 4

**30 second
push up**

**30 seconds DB
curl**

CARDIO

Station 1

**30 seconds
burpees**

**30 seconds high
knees**

CARDIO

Station 3

**30 second
mountain climber**

**30 second up
downs**

CORE

Station 5

**30 second
bicycle crunch & PLANK**

FILTHY FINISHER*

20 Jump Squats

20 PUSH UPS

20 Burpees

20 CRUNCHES

CURB & BACK

REPEAT 2X