

ONE STEP AHEAD



1. QUICK KNEES UP

 30 SEK

10 SEKUNDEN PAUSE



2. LEFT, RIGHT & TOUCH

 20 SEK

10 SEKUNDEN PAUSE



3. PUSH-UP BURPEES WITH VOLLEY

 30 SEK

20 SEKUNDEN PAUSE



4. FRONT LEG SWINGS + SINGLE LEG TOE TOUCH

 6 WDH



5. KNEES UP + ONE LEG JUMPS

 30 SEK

1 MINUTE PAUSE