

B	I	N	G	O
HIIT CYCLE	10 PULL-UPS / 15 TRX ROWS	20 BOX JUMPS	CARDIO IS HARDIO	60 PLATE HOPS
18 REV FLY	HIIT CYCLE	AB CIRCUIT	10/10 SL RDL W/ BALL	ARM FARM
CUL-DE-SAC RUN	LEG DAY	FREE	14 T.C. GET UPS	30 HAND CLAP BURPEES W/ PARTNER
50 WALL BALLS W/ PARTNER	CARDIO IS HARDIO	50 WB SIT-UPS W/ PARTNER	24 REN ROW	AB CIRCUIT
20 HAMMER CURLS	15 DEADLIFTS	ARM FARM	LEG DAY	18 TRX TRICEPS

B	I	N	G	O
LEG DAY	10/10 SL RDL W/ BALL	CARDIO IS HARDIO	18 REV FLY	AB CIRCUIT
20 BOX JUMPS	LEG DAY	60 PLATE HOPS	15 DEADLIFTS	ARM FARM
50 WALL BALLS W/ PARTNER	14 T.C. GET UPS	FREE	30 HAND CLAP BURPEES W/ PARTNER	10 PULL-UPS / 15 TRX ROWS
24 REN ROW	ARM FARM	HIIT CYCLE	18 TRX TRICEPS	CARDIO IS HARDIO
50 WB SIT-UPS W/ PARTNER	AB CIRCUIT	CUL-DE-SAC RUN	HIIT CYCLE	20 HAMMER CURLS

B	I	N	G	O
15 DEADLIFTS	ARM FARM	10/10 SL RDL W/ BALL	AB CIRCUIT	14 T.C. GET UPS
HIIT CYCLE	50 WALL BALLS W/ PARTNER	50 WB SIT-UPS W/ PARTNER	HIIT CYCLE	60 PLATE HOPS
CUL-DE-SAC RUN	18 TRX TRICEPS	FREE	CARDIO IS HARDIO	24 REN ROW
LEG DAY	ARM FARM	CARDIO IS HARDIO	LEG DAY	20 BOX JUMPS
30 HAND CLAP BURPEES W/ PARTNER	10 PULL-UPS / 15 TRX ROWS	AB CIRCUIT	18 REV FLY	20 HAMMER CURLS