

ROUND 1

30 Jumping Jacks

20 Squats

10 Push Ups

ROUND 2

30 Mountain Climbers

20 Lunges

10 Push Ups

ROUND 3

30 Jump Squats (or Squat Pulsing)

20 Burpees

10 Narrow Push Ups

ROUND 4

30 Bicycle Crunches

20 Jumping Jacks

10 Wide Push Ups

Rest 30 Seconds Between Rounds

**Repeat 4X or AMRAP
(as many rounds as possible)**



**BASIN
RECREATION**

