

### DIFFICULTY

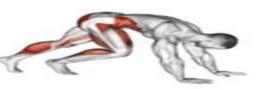
**BEGINNER: 1 SET INTERMEDIATE: 2 SET** 

ADVANCED: 3 SET

# fitnessprogramer.com

**20 SEC** IIIII

10 SEC REST



MOUNTAIN CLIMBER



**PUSH-UP TOE TOUCH** 

**20 SEC** IIIII

10 SEC REST



SKATER



**BICYCLE CRUNCH** 

**20 SEC** 11111

10 SEC REST



**JACK BURPEES** 



LUNGE

**20 SEC** 1111111

**60 SEC REST / 1 ROUND** 

6

BIRD DOG

## **Interval Training Manual**

**AW Chickering** 



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