

END OF WORLD WORKOUT

<http://www.youtube.com/watch?v=0ZHjLPvcFKY>

Perform each exercise one after the other for 60 seconds of work followed by 15 seconds rest. Rest for two minutes then repeat for 3 full rounds.

1. Alternating One Arm Swings -- 70lbs
2. Plyo-Push Up Jacks
3. Explosive Squat to Single Leg Hop
4. Renegade Rows -- 35lbs
5. Reverse Lunge and DB Curls -- 25 lbs
6. Blast Off Pushups
7. DB One Leg V-up to Press -- Right -- 20 lbs
8. Low Box Up Downs
9. DB One Leg V-up to Press -- Left -- 20lbs
10. KB Thrust and Jumps 18kg (KB Burpees Variation) -- 35lbs