

FIF #3

For this workout, you will have 5 exercises done using one of 3 different timed formats based on your Fitness Level. Your goal is to choose the appropriate level and correct modification and then do as many reps as you can in that amount of time. You will do 3 (or more) rounds depending on how long you want your workout to be.

Exercise Format

3 Rounds = 15 mins.

Timed Protocol

Level 1(Basic) = 30 seconds of work/30 second break

Level 2 (Intermediate) = 40 seconds of work/20 second break

Level 3 (Advanced) = 50 seconds of work/10 second break

*I use Level 3 in the Real Time Workout Video

Exercises

1. Burpees
2. Alternating Angled Push-Ups
3. Floor Touch Jacks
4. Seated Knee Tuck Abs
5. Up/Down Plank