

DAY 18 (Total Body)

DB = Dumb Bell

SB = Stability Ball

30 Minutes AMRAP (As Many Rounds As Possible) AFAP (As Fast As Possible)

10 Reps Burpee Jacks

20 Reps SB Pikes

30 Reps DB Walking Lunges

40 Reps Touchdown Frog Hops

30 Reps Pushups

20 Reps V ups

10 Reps Manmakers