

Complete all 12 rounds of each exercise as quickly as possible.

Each time you do the workout, try to complete it faster than the last time!

Thrusters

Hammer curls

Ab roll out

Narrow squats

Kickbacks (each leg)

Scissor kicks (abs)

Ground up push-ups

Inch worm

V-ups

Incline push-ups

Negative curls (3-5s down)

Glute bridge

For the first round, complete all 12 exercises 12 times. The second round, you will complete all exercises 11 times, the third 10 times, the fourth 9 times...all the way down until you complete each exercise 1 time. Then you are done! est. time ~1 hour



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This workout is intended for healthy adults who regularly participate in cardio and strength activities.