

# Workout Plan



Name:

Level: **Advanced**

**16** repetitions

**20** seconds recovery

EQUIPMENT:

Stop Watch

Bottle of Water

Exercise 1:
<b>20</b> second rest
Exercise 2:
<b>20</b> second rest
Exercise 3:
<b>20</b> second rest
Exercise 4:
<b>20</b> second rest
Exercise 5:
<b>20</b> second rest
Exercise 6:
<b>20</b> second rest
Exercise 7:
<b>20</b> second rest
Exercise 8:
<b>20</b> second rest
Exercise 9:
<b>20</b> second rest
Exercise 10:
<b>20</b> second rest
Exercise 11:
<b>20</b> second rest
Exercise 12:
<b>20</b> second rest
Exercise 13:
<b>20</b> second rest
Exercise 14:

