

# Workout Plan



Name:

Level: **Intermediate**

**14** repetitions

**25** seconds recovery

EQUIPMENT:

Stop Watch

Bottle of Water

|                       |
|-----------------------|
| Exercise 1:           |
| <b>25</b> second rest |
| Exercise 2:           |
| <b>25</b> second rest |
| Exercise 3:           |
| <b>25</b> second rest |
| Exercise 4:           |
| <b>25</b> second rest |
| Exercise 5:           |
| <b>25</b> second rest |
| Exercise 6:           |
| <b>25</b> second rest |
| Exercise 7:           |
| <b>25</b> second rest |
| Exercise 8:           |
| <b>25</b> second rest |
| Exercise 9:           |
| <b>25</b> second rest |
| Exercise 10:          |
| <b>25</b> second rest |
| Exercise 11:          |
| <b>25</b> second rest |
| Exercise 12:          |