

<b>CHALLENGE:</b>	THE LEG, CHEST & CORE EXPLOSION
<b>HOW LONG:</b>	10 minutes
<b>WHY:</b>	Strengthen legs, chest and core with explosive power



**20 Squats**  
↓  
**20 V-ups**  
↓  
**10 Lunge Jumps (each leg)**  
↓  
**20 Pushups**  
↓  
**10 Burpees**

*Repeat this 3x!*