


Gym Workout 1

 50 minutes

THE SET

@fitnessunpacked

Warm-up: 3mins easy cardio, 20 glute bridge, 30 mountain climbers, 30s downward dog

- 20 calories fast (on any cardio machine)
- 15 squat press
- 15 bent-over rows
- 10 sit-ups
- 30 Russian twists
- 20 commandos

4 ROUNDS

Minimal rest between

Decrease calories by 5 each round

