

# the at-home triple hit workout

Start with an easy warm up - walking, a light run, or whatever gets your muscles warm. Then set up a clock or timer (I like the Gymboss interval timer app for iPhone) so that you can time 30s intervals. In each circuit, you'll do 30s of move A, 30s of move B, then 30s rest. The idea is to go HARD in the work intervals and earn the 30s afterwards. You'll repeat each pair 4 times before moving into the next pair of exercises.

## **Round 1 (repeat 4x):**

**A: Squats with overhead press - 30s**

**B: Burpees - 30s**

**Rest - 30s**

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## **Round 2 (repeat 4x):**

**A: Jumping lunges - 30s**

**B: Weighted Russian twists - 30s**

**Rest - 30s**

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## **Round 3 (repeat 4x):**

**A: Tuck jumps - 30s**

**B: Push-ups - 30s**

**Rest - 30s**