

FITNESS LEVEL 3 benchmark

COMPLETE ALL 6 EXERCISES BEFORE REST FOR THAT ROUND.

ATTEMPT TO COMPLETE EXERCISES BACK-TO-BACK.

EXERCISES MUST BE DONE IN ORDER, LEFT TO RIGHT.

KEEP WATER, ELECTROLYTES AND TOWEL CLOSE TO YOU.

PUSHUPS

30

LUNGES
[EACH LEG]

30

UP-DOWNS

30

SQUAT JUMPS

30

ELBOW PLANK
[30 SECOND HOLD]

30

6 EXERCISES

4 ROUNDS

30 MINS

V-SIT TWIST
[REPS PER SIDE]

30