

TORNADOR III WORKOUT

LEVEL: Expert

LENGTH: AMRAP 10 Min

EQUIPMENT: —

AMRAP = do as many rounds as possible.

Complete as many rounds as you can in 10 minutes.

Take a break if you need one.

WARM UP

10 min: Mobilize joints, get your circulation going (e.g. run in place)

1

DIAMOND PUSH UPS

5 reps



2

TUCK JUMPS

20 reps



3

SQUAT BICYCLE CRUNCHES

15 reps



4

JUMPING JACKS

20 reps



COOL DOWN

10 min: Cool down, mobility exercises; fascia roll



DONE!

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