



Short Circuit – February 29

Complete 5 rounds as fast as you can:

Side Step Oblique Blast x 3/side

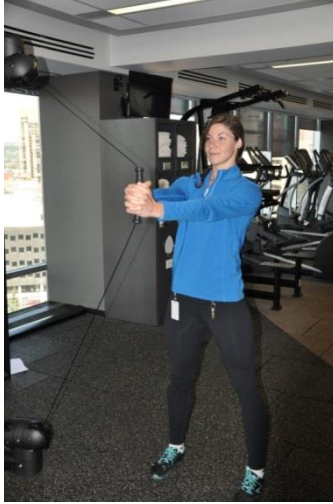
Pull Up x 6

Step Up x 20 (10/leg, alternating)

For exercise descriptions, click [here](#) to go to our Movement of the Week page.



Side-step Oblique Blast



Pull Up



Step Up

