



Short Circuit – July 25: Countdown

**Complete 10 repetitions of each exercise.
Then complete 9 repetitions of each exercise,
and then 8 repetitions of each exercise,
then 7 repetitions of each exercise,
and 6 repetitions of each exercise,
then 5, then 4, 3, 2, and finally,
complete 1 repetition of each exercise.**

Jump Squat

TRX Inverted Row

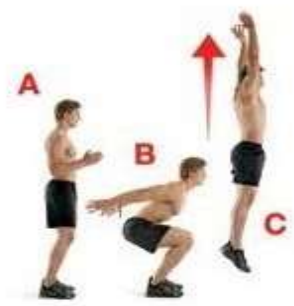
Stability Ball Shoulder Press

Oblique Ball Crunch (both sides)

Bosu Push Ups



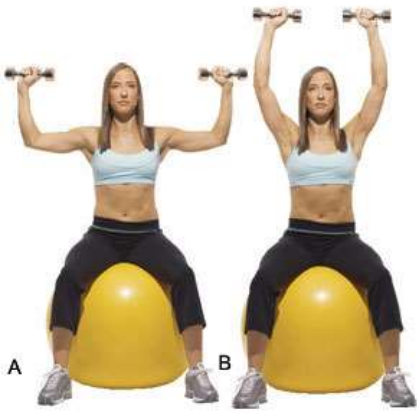
Jump Squat



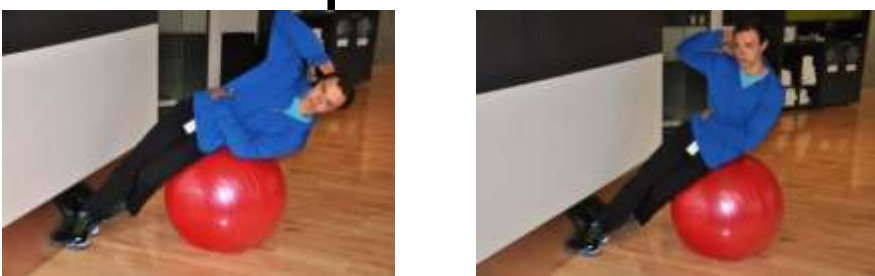
TRX Inverted Row



Stability Ball Shoulder Press



Oblique Ball Crunch



Bosu Push Ups

