NSS Done - 4- You Workouts

#NSSFAMILY

Metabolic Bodyweight Circuit

Description: This workout requires NOTHING. This is a time-based workout.

Metabolic Bodyweight Circuit Workout

Prep Series: 1 round
-Get Back Ups x5 each way (forward, side, backward, side)

Series 1: 3 rounds (30-45 seconds rest between rounds)
-Skip in Place x30 seconds
-Side-to-Side Shuffle (as far as you have space) x30 seconds
-Lateral Line Hops x30 seconds
-Gate Sink x30 seconds

Series 2: 3 rounds (30-45 seconds rest between rounds)
-Speed Split Squats x15 seconds each way
-High Skip in Place x30 seconds
-Sit Through x30 seconds
-Hollow Hold x15 seconds
-Side Hollow Hold x15 seconds each side

Series 3: 2-3 rounds (15 seconds rest between rounds)
-Fast Mountain Climber x15 seconds
-V-sit Crunch x15 seconds
-Lateral Jump x15 seconds