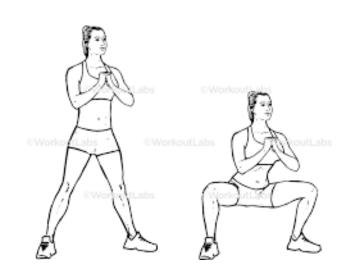
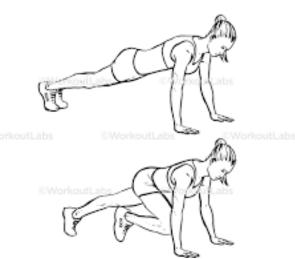
Oregon Circuits

Laps around 5k pace between all exercises.



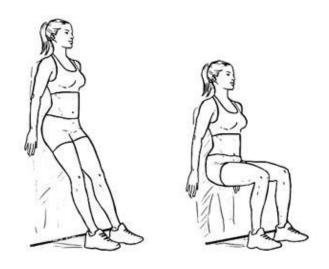
1: Body weight squats x 20 concentrate on form and getting low



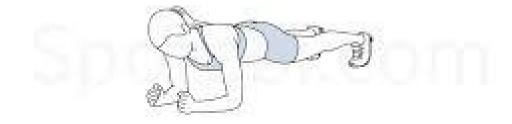
2. Mountain Climbers x 30



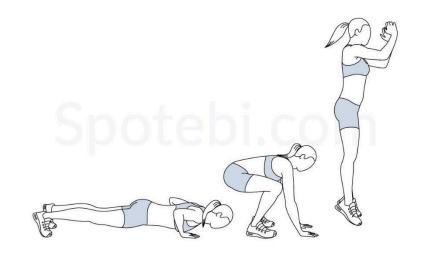
3. Push Ups x 20



4. Wall Holds ... 60 Seconds



5. Plank 60 Seconds



6. Burpees x 10



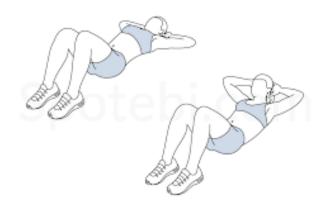


7. Caterpillar Walks ... width of goal





8. Star Jumps x 20



9. Ab Crunches x 20



Last lap all out