

80/1/12

~~1000 revolutions jump rope~~

25 - push ups w/ ke bag

50 - push press @ 50#

800 m - on elliptical <12/12> 6 min

75 - Hanging leg raises

100 - skip knees

15 - push ups w/ knee

25 - push press

800 m - elliptical

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TRX core - Agitators <40>

piques <15> next session