

30 MINUTE STRENGTH + INTERVAL WORKOUT



In every round, you'll complete three exercises, each intensifying from difficult to even more challenging and, finally, to the most demanding. The third exercise has no designated rep count, so push yourself until you reach your limit and can't go any further. Take a 1-2 minute break after the third exercise. Aim to complete each round 4-5 times. If you're up for an extra challenge, strive to surpass your previous round's third exercise reps.

[CLICK HERE FOR A QUICK WARM-UP VIDEO](#)

ROUND 1

10 Sit-Ups
10 Hand Release Push-ups
Mountain Climbers

ROUND 3

20 Bicycle Crunches
20 Lateral Jacks
Burpees

ROUND 2

10 Alternating V-Ups
20 Reverse Lunges
Squat Jumps



Have questions on the workout or movements? Message your Trainer in the CG app!

