

25 ON 25TH

Beginner = 40 seconds work, 20 seconds rest
Intermediate = 50 seconds work, 10 second rest
Advanced = 55 seconds work, 5 second transition

Rest one minute between each round. This workout will take 29 minutes.

Round 1

TRX Push-Ups
TRX Front Squats
TRX Tricep Extensions
Plank
High Knees

Round 2

TRX Pec Flys
Goblet Squats with Med Ball
Skull Crushers with Med
Ball
Pick Pockets
Jumping Jacks

Round 3

TRX Back Rows
Reverse Lunges w/ Med Ball

Round 3, cont.

TRX Bicep Curls
Leg Raises
Mountain Climbers

Round 4

TRX Y-Rows
Skater Lunges
Med Ball Slams
TRX Reverse Crunches
Fast Feet

Round 5

TRX *Power Rows
Squat Jumps
Tricep Push-Ups (on
ground)
Leg Raised *Sit-Ups
Burpees