

Olympic Circuit

- 1- Barbell clean & press (from floor) x 5 reps
- 2- Squat jumps x 6-10
- 3- Explosive pushups x 6-10
- 4- Barbell dead lifts x 6
- 5- Medicine ball overhead slams (engaging core) x 10 big slams
- 6- Jump rope 100-150 jumps then repeat cycle 1-3 times

This workout should take you about 15 minutes to complete (including some prep time) and targets your entire body using strength and power movements. **WARNING:** You will be out of breathe while doing this workout. Be ready to sweat.