1. MOUNTAIN CLIMBERS
   - 20 SEC MOVE
   - 10 SEC REST

2. SQUATS
   - 20 SEC MOVE
   - 10 SEC REST

3. SIT-UPS
   - 20 SEC MOVE
   - 10 SEC REST

4. ARM CIRCLES
   - 20 SEC MOVE
   - 10 SEC REST

5. GROUND DIPS
   - 20 SEC MOVE
   - 10 SEC REST

6. WALL SIT
   - 20 SEC MOVE
   - 10 SEC REST

**HIGH INTENSITY INTERVAL TRAINING**

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