

## **Bodyweight workout 7**

### **90/30 x 2-4 rounds**

#### **Round 1**

- Surfer Burpee/sit thru
- Hip bridge to Table
- Wall hop thru
- Hoover Plank
- Bendover walkout/Inchworm x 2-4 rounds

The object is to maintain 90 full seconds of work without stopping on exercise 1, then take 30 seconds rest before starting exercise 2 and so on till all 5 exercises are complete.

1 round will take 10 minutes with rest. If you are doing multiple rounds the only 30 seconds rest is taken after exercise 5, before starting the next round on exercise 1.

If form is starting to waiver or its becoming too difficult slow down to try to maintain 90 seconds work. If this is beyond your present level then rest when needed and build up to the 90 seconds.

Stay safe and enjoy!

Paul