

## **Bodyweight workout 9**

**120/30**

### **Round 1**

- Triangle Lunge/dragon lunge
- Crab walk/lift
- Cossacks
- Tripod Helicopter                      x 2-4 rounds

Each exercise is to be performed for 120 seconds without stopping if possible. Focus must be maintained on good form. Then rest for 30 seconds only before starting the next exercise.

1 full round will take 10 minutes. If you are performing multiple rounds then only 30 seconds rest is to be taken at the end of the full round before starting the next cycle.

If you cannot maintain good form for the whole 120 seconds then slow down or rest as needed. You can build up to the full 120 seconds.

Stay safe and enjoy!

Paul