

Efficient Performance Workout

Rules: 30 Seconds Between Paired Exercises. 1.30 Minutes Between Sets.



10 Minutes Skipping

Superset 2 x 1 Minute: Hollow Body/Reverse Plank/Side Planks

Superset 2 x 10 RPE 7: Kettlebell Romanian Deadlift/Frog Kicks

Superset 2 x 10 RPE 8: Band Punch-Out/Renegade Rows

Superset 2 x Failure: Pike Press/Pull Ups

Superset 2 x 10 RPE 8: Glute Bridge/Split Squat

Superset 2 x Failure: Curls/Kickbacks

Drop Set 2 x 10 RPE 8: Jump Squats/Side Lunges

Superset 2 x 10 RPE 8: Deficit Single-Leg Calf Raises/Anterior Tibialis
Raises

Superset 3 x Failure: Push Ups/Bodyweight Rows

Optional RPE 8: 100 KB Swings

5 Minutes Shadow Boxing