

TRAIL BLAZER

Bodyweight Workout
AMRAP 10-15 Minutes

BW Cossack Squat

10 Each Side

BW Knee-to-Elbow Plank

8 Each Side

BW Hand-Release Pushup

6 Reps

BW Jumping Lunge

4 Each Side

BW Squat Thrust

2 Reps

BW Sprint

20 Yards



#liftweightsfaster

Lwf Tariqs Challenge Pk Of 6

Mike Jess



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