

12 Days of Isolation Workout

An AMRAP workout (30 minutes long)
This is a ladder workout.

ROUND 1:
12 Burpees
11 Squat Press
10 Pushups
9 (sets) of Mountain climbers
8 Bicep Curls
7 tricep dips
6 (sets) of split lunges
5 star jumps
4 lightning bolts
3 get ups
2 inchworms
1 tombstone

ROUNDS GO LIKE THIS:

Round 1: 12 burpees
Round 2: 12 burpees, 11 squat press
Round 3: 12 burpees, 11 squat press, 10 pushups
Round 4: 12 burpees, 11 squat press, 10 pushups, 9 sets of
MC's
And so on...

Let's see how far we can go!