

10 WEEKS TO FITNESS-DAY 33: ACTIVE REST

- | | |
|--------------------------------|------------------------------------|
| 1) Treadmill Run (Incline Run) | 45 min |
| 2) Sprints: | 10 sets (down/back or 30-50 yards) |
| 3) Push Ups: | 10 Sets of 10 Reps |
| 4) Crunches: | 10 Sets of 10 Reps |
| 5) Jump Squats: | 10 Sets of 10 Reps |