**Title:** Linked In

**Time:**31 Minutes

**Equipment:** K-bell, dumbbell, interval timer

**Phase 1:**Complete the following workout straight through by setting your interval timer for 24-rounds of 60 work, 10 rest

Complete exercise 1 & 2 for 1-minute each x 3 rounds.

Complete exercise 3 & 4 for 1-minute each x 3 rounds.

Complete exercise 5 & 6 for 1-minute each x 3 rounds.

Complete exercise 7 & 8 for 1-minute each x 3 rounds

1. Depth Jumps

2. Bodyweight Lunges

3. Sumo Rocket (8-25k k-bell)

4. Weighted Lunge Walk (5-20k k-bell)

5. Speed Freaks (2-5k dumbbell)

6. Bob and Weave (5-20k k-bell)

7. Squat Hold

8. Calf Raises

**Phase 2:** Complete squat jumps for 10-seconds then sprint on the spot as fast as you can for 10-seconds x 10 rounds straight through by setting your interval timer for 10 rounds of 10/10.

**Optional Finisher 1:**Complete the shuttle run beep test by marking out a 20-metre distance with 2 markers. 20-metres is roughly 30 normal footsteps (not foot strides). Complete 1x 20-metre shuttle on each beep until you can no longer keep up with the beeps. x

**Note:** You get 3 lives on the beep test. Each time you fail to make the beep you lose a life but keep running. Losing a life is an indication that you need to speed up. Once all 3 lives are lost, stop and record your score.

Beep Test Download: [https://bit.ly/3C3m9V6](https://bit.ly/3C3m9V6?fbclid=IwAR0p1t-VXqMz2fKx3tAQtuUJsYE27_O_JpnrqAzyr_A2_NbUHfP1dmYF71s)

**Optional Finisher 2:**Complete 10 Burpees.

· On the 1st Burpee complete 1 push-up

· On the 2nd Burpee complete 2 push-ups

· On the 3rd Burpee complete 3 push-ups

· On the 2nd Burpee complete 4 push-ups

· On the 3rd Burpee complete 5 push-ups

· On the 2nd Burpee complete 6 push-ups

· On the 3rd Burpee complete 7 push-ups

· On the 2nd Burpee complete 8 push-ups

· On the 3rd Burpee complete 9 push-ups

· On the 2nd Burpee complete 10 push-ups

**Note:** If you want to really challenge yourself, see if you can complete it straight through without stopping. Total 55 push-ups.

**About optional finishers:** These are not mandatory. I have included optional finishers in case you complete the main workout and want a bit more.