



**Original
Fitness Co.**™

OFC Signature Workout

Set 1

50 x Jump Squats

50 x Knee to Elbow (25 each side)

50 x Prisoner Lunges (25 each side)

50 x Squats

50 Seconds of Squat Hold

50 Seconds of high knee's sprint on spot.

Rest 2 minutes then repeat it from the bottom back to the top.

Rest 2 minutes

Set 2

50 x Push Ups

50 x Sit Ups

50 x Burpee's (hand release at the bottom on the floor)

50 Seconds of Prone Hold (Plank)

Sprint 800m

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