

PACT PIT WORKOUT #1 -- 1-Minute Rounds

Equipment: Chair or step (Optional), Heavy Bag (Optional)

- 1. Burpees (30 Sec.) then "2 + 3 combos"**
- 2. *Burpees (30 Sec.) then "4 + 2 combos"***
- 3. Burpees (30 Sec.) then "1 + 4 combos"**
- 4. *Burpees (30 Sec.) then "4 + 4 combos"***
- 5. Burpees (30 Sec.) then "3 + 2 combos"**
- 6. *Abs - Crunches (Feet Down)***
- 7. Burpees (30 Sec.) then "High knee to opposite hand"**
- 8. *Burpees (30 Sec.) then "Alternating Level Wheel Kicks"***
- 9. Burpees (30 Sec.) then "Squats with calf raise at end"**
- 10. *Burpees (30 Sec.) then "Wide squats with calf raise"***
- 11. Burpees (30 Sec.) then "Push out squats"**
- 12. *Abs - Leg Lifts (6 inches to 24 inches and back down)***
- 13. 20 Pushups (Fast) then "2 + 3 combos"**
- 14. *20 Wide Pushups (Fast) then "2 + 4 combos"***
- 15. Robot Pushups (30 Sec.) then "2 + 2 combos"**

PACT PIT WORKOUT #1 -- 1-Minute Rounds

- 16. *Kenpo Pushups (30 Sec.) then "4 + 3 combos"***
- 17. *20 Over/Under Pushups (Right) then "1 + 3 combos"***
- 18. *20 Over/Under Pushups (Left Up) then "3 + 2 combos"***
- 19. *Pause Pushups (Pause for 1 count at bottom)***
- 20. *Abs - Bicycles***
- 21. *Alternating Level Wheel Kicks***
- 22. *Squats with calf raise at end***
- 23. *High Knee to opposite hand***
- 24. *Wide squats with calf raise at end***
- 25. *Lunge - Squat - Lunge***
- 26. *Push out squats***
- 27. *Head Kicks (Alternating Head High Kicks)***
- 28. *Abs - Triangle Sit-Ups***
- 29. *Pause Pushups (3 counts, 30 Sec.) then "High Knees"***
- 30. *20 Decline Pushups then "Alternating Level Wheel Kicks"***

PACT PIT WORKOUT #1 -- 1-Minute Rounds

- 31. 20 Knuckle Pushups then "2 + 3 combos"**
- 32. *Half Up Pushups (30 Sec.) then "4 + 2 combos"***
- 33. Plyo Pushups (30 Sec.) then "4 + 4 combos"**
- 34. *Abs - Crunches (Feet Up)***
- 35. Jump Rope**
- 36. *Stretch and Cool down***