



MAC ENDURANCE

Moving On Up



TOTAL WORKOUT TIME:
25 MINUTES

HOME EQUIPMENT:
**NO EQUIPMENT NEEDED - 100%
BODYWEIGHT BASED**



FOR ADDED IMPACT AT THE GYM,
YOU CAN USE:
BENCH, 2 LIGHT WEIGHTS

EXERCISE

REPS

TIME

- | | | |
|--------------|------|-----------------|
| • Seal Jacks | x 25 | 6 Minutes AMSAP |
| • Hip Thrust | x 10 | |

1 MIN REST

- | | | |
|------------------------|---------|-----------------|
| • Torsion Plank | x 10 | 8 Minutes AMSAP |
| • Prisoner Split Squat | x 8/leg | |

1 MIN REST

- | | | |
|-----------------------|------|-----------------|
| • Squat Jump | x 20 | 6 Minutes AMSAP |
| • Plank with Knee Tap | x 10 | |

1 ROUND - AS MANY SETS AS POSSIBLE (AMSAP)