the quick trick
workout

Set a timer and work through the list of moves below as fast as possible with good form, resting only as needed. Try to set a new PR every time you do this workout.

16 dumbell clusters
16 lateral hop-over burpees
16 alternating weighted lunges

14 dumbell clusters
14 lateral hop-over burpees
14 alternating weighted lunges

12 dumbell clusters
12 lateral hop-over burpees
12 alternating weighted lunges

10 dumbell clusters
10 lateral hop-over burpees
10 alternating weighted lunges

stretch, recover, rehydrate