

Friday – 22 May 2020

40-Minute Circuit

10x Army Combat Fitness Test Hand Release Push-Up

10x V-Up

10x Burpees

10x Hollow Rocks

Repeat for as many sets as you can go through in the 40 min =
As Many Reps As Possible

ACFT Hand Release Push-up – Remember the count is when the hands come back in,
not when the chest hits the ground