

24 WARRIORS

FUNCTIONAL WORKOUT



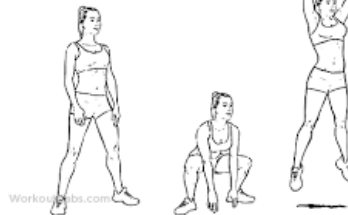
**1 SQUAT + SIDE
STANDING CRUNCH x10**



2 CRUNCH V-UP X8



3 SQUAT JUMP TOUCH x10



**4 SHOULDER TOUCH x10
ROTATIONAL PLANK**



5 BURPEES x10

