




# Termanatrix

| Exercise                        | Starting  | Finish  |
|---------------------------------|---|---|
| A1- B/W Squat & ½               |    |    |
| A2- Pushup to Mountain Climber  |    |    |
| A3- Jump Squat Tuck             |    |    |
| A4- Pushup T Rotation           |  |  |
| A5- Get Up Get Down/ Start Jump |  |  |
| A6- Reverse Lunge to Knee Raise |  |  |
| A7- 4 Point Burpee              |  |  |