

Burpee Madness

400 m laps @ 10 km/h

10 Burpees

400 m laps @ 11 km/h

9 Burpees

400 m laps @ 12 km/h

8 Burpees

400 m laps @ 13 km/h

7 Burpees

400 m laps @ 14 km/h

6 Burpees

400 m laps @ 15 km/h

5 Burpees

400 m laps @ 16 km/h

4 Burpees

400 m laps @ 17 km/h

3 Burpees

400 m laps @ 18 km/h

2 Burpees

400 m laps @ 19 km/h

1 Burpee

400 m laps @ 20 km/h

TTB: