

## Zoom Workout No. 18

5 total Circuits of 3 minutes each + 1 minute rest between circuits

### Circuit 1:

The first 45 seconds is for exercise 1 (mountain climbers) & then 15 seconds for exercise 2 (toe touches)  
Followed by 30 seconds of exercise 1 & 30 seconds of exercise 2  
Followed by 15 seconds of exercise 1 & 45 seconds of exercise 2  
One minute break between each circuit

### Circuit 2:

45 secs for exercise 1 / 15 secs for exercise 2  
30-30  
15-45  
1 minute rest

### Circuit 3, 4, 5:

45 secs for exercise 1 / 15 secs for exercise 2  
30-30  
15-45  
1 minute rest

### Team Abs:

Each player picks an Ab exercise

