

Tri-Circuit 3

60 seconds: Isolated upper body

3 minutes: Cardio ladder drills

:20 high intensity :20 recovery

:30 high intensity :30 recovery

:40 high intensity :40 recovery

40 seconds: Lower body with arms

Tri-Circuit 4

60 seconds: Isolated upper body

3 minutes: Cardio ladder drills

:20 high intensity :20 recovery

:30 high intensity :30 recovery

:40 high intensity :40 recovery

40 seconds: Lower body with arms

Tri-Circuit 5

60 seconds: Isolated upper body

3 minutes: Cardio ladder drills

:20 high intensity :20 recovery

:30 high intensity :30 recovery

:40 high intensity :40 recovery

40 seconds: Lower body with arms

Tri-Circuit 6

60 seconds: Isolated upper body

3 minutes: Cardio ladder drills

:20 high intensity :20 recovery

:30 high intensity :30 recovery

:40 high intensity :40 recovery

40 seconds: Lower body with arms