

## **Athletic Conditioning #2 Premix:**

All three rounds with no impact 17 min

1 round & Abs 24 min

1 round & core/stretch 26 min

2 rounds 23 min

2 rounds & Abs 33 min

2 rounds & core/stretch 36 min

3 rounds & Abs 45 min

3 rounds & core/stretch 43 min