

THE 
CIRCUIT
FACTORY
MOBILE WORKOUT

PLATO

On the move? then read on friend...



YOU WILL NEED A STOPWATCH AND SOME SPACE.

HOW DOES IT WORK?

Complete 1, then 1+2, then 1+2+3 and so on. For example, do 1 Tuck Jump. Then do 1 Tuck Jump and 2 Walkouts. Then do 1 Tuck Jump, 2 Walkouts, and 3 Super Planks.

PICK YOUR LEVEL:

LEVEL 1 : Go up to 16

LEVEL 2 : Go up to 18

LEVEL 3 : Finish the whole damn thing

1 x Tuck Jump	11 x Half Burpees
2 x Walkouts + Push Up	12 x Squats
3 x Super Plank	13 x Crunches
4 x Lunges	14 x Hill Climbers
5 x Push Up with a Tap	15 x Leg Raise
6 x Jump Squats	16 x Mountain Climbers
7 x Wide Leg Plank	17 x Burpees
8 x Reverse Lunge	18 x Bicycle Crunches
9 x Sit Ups	19 x Split Squats
10 x Russian Twist	20 x Knees to Chest