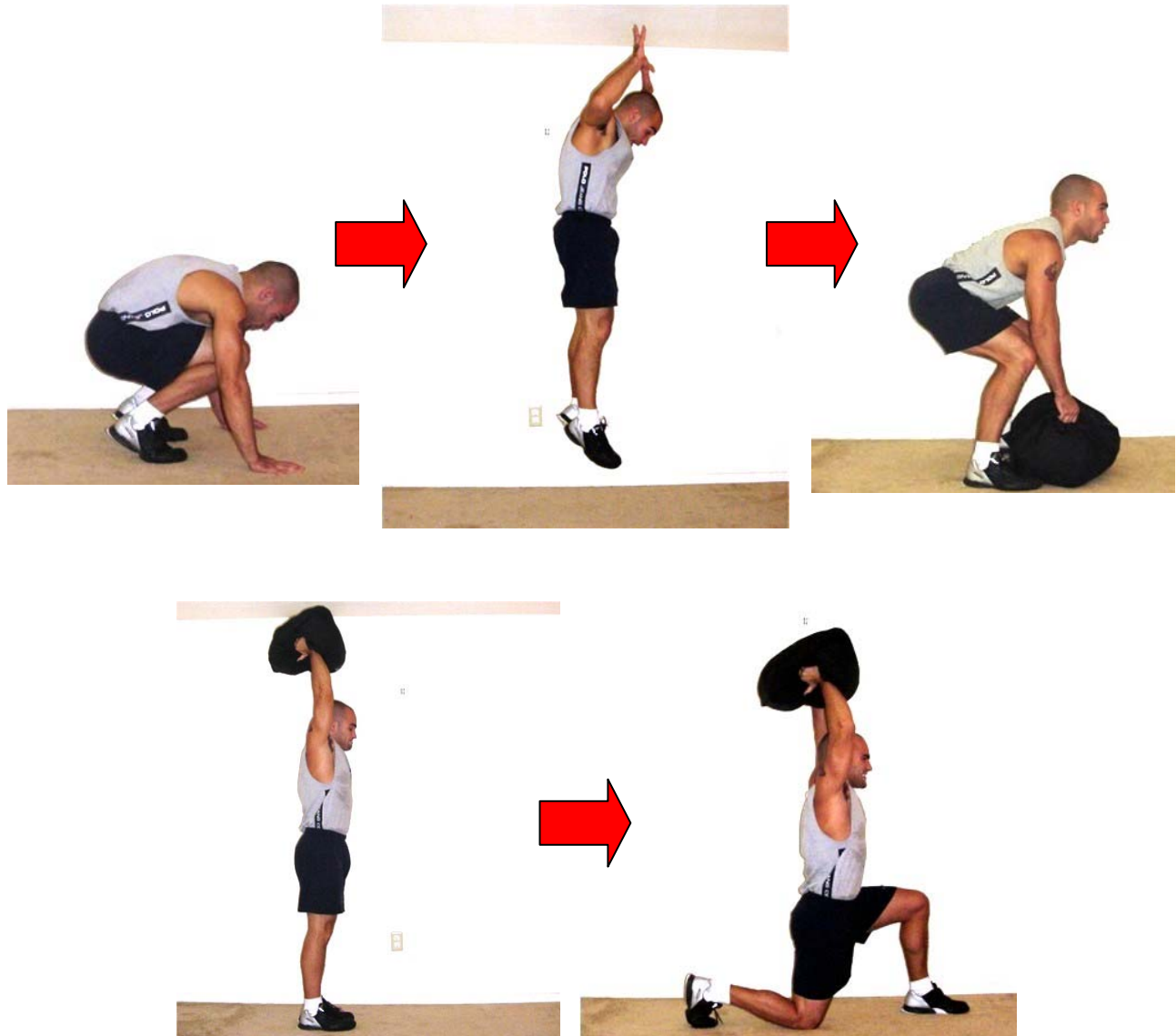


# 25 Repetition Roulette

Burpees + Clean and Press + Overhead Lunge

*Printed in September, 2003*



- Perform a complete Burpee with a sandbag placed directly in front of you.
- Upon landing from the Burpee jump, immediately grab the sandbag.
- Clean the bag to your shoulders, and press it overhead.
- Perform a lunge with each leg while holding the bag overhead.
- Drop the bag back to the floor and proceed with another Burpee.
- Repeat the entire sequence without rest for 25 repetitions