

## Burpee Box Jump Chipper

A chipper workout that ends and begins with burpee box jumps for a killer cardio challenge.

50 Wall Balls  
40 Sit Ups  
30 Kettlebell Swings  
20 TRX Rows, Pull Ups or Bent Over DB Rows  
10 Burpee Box Jumps

**\*\*\*1 minute break\*\*\***

10 Burpee Box Jumps  
20 TRX Rows, Pull Ups or Bent Over DB Rows  
30 Kettlebell Swings  
40 Sit Ups  
50 Wall Balls

\*Complete all reps of each exercise before moving to the next.

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