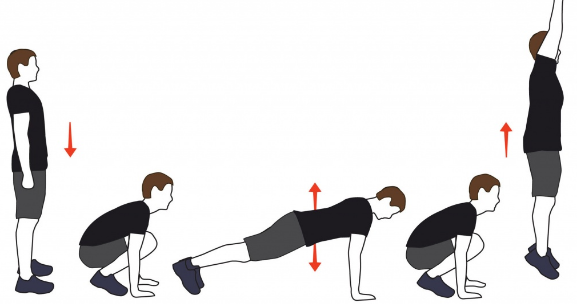
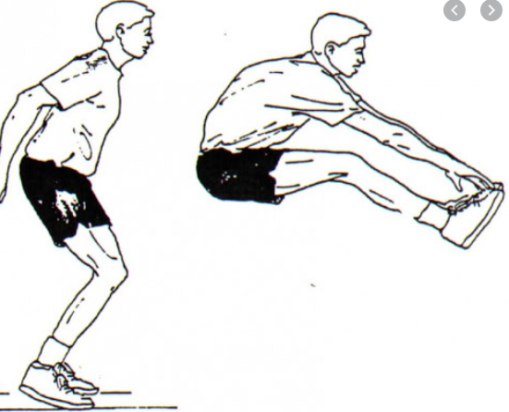
I******ron Man Workout to Music

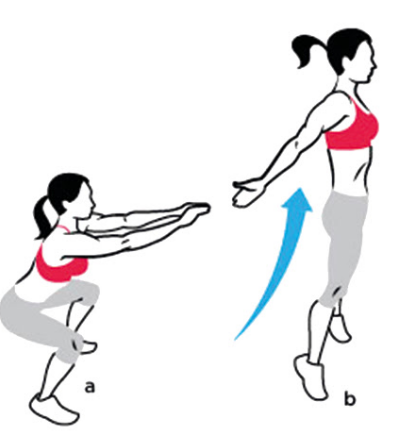
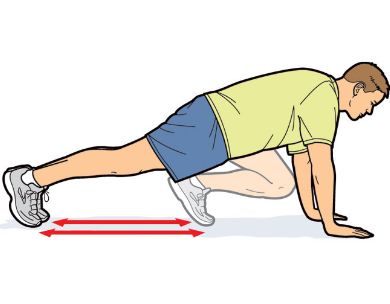
**Information**: If you are completing this workout with others, please ensure you are **2 m** away from each other. Stick on some music and carry out each activity for **45** seconds with **30** seconds rest in between each one. Repeat the routine **2/3** times. Get ready…and off you go!

1. Power Skipping 2. Repeated Tuck Jumps

3. Burpees 4. Repeated Pike Jumps



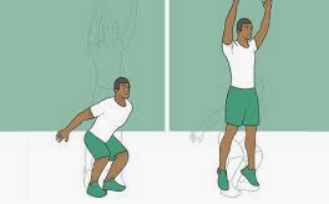
5. Squat Jumps 6. Mountain Climbers



7. Star Jumps 8. Lunge Jumps



9. Vertical Power Jumps 10. Single Leg Vertical Power Jumps

**

11. Speed Bounce 12. Plank Hops

