

8-Bit Classic

'Sheet' of Pain

- 5 Burpees
- 10 Merkins
- 15 Squat Thrusts
- 20 Curls
- 25 Lunges (single count)
- 30 Presses
- 35 LBC's
- 40 Skull Crushers
- 45 SSH's
- 50 Bonnie Blairs