

# PRIMAL FITNESS WORKOUT - SCREAMING LEGS

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All you need for this is a little space for the walking lunges.

Do this full body workout twice a week and you need not do anything else except walking as this fills in your lift heavy quota for the week.

Time your self, do three rounds of:

25 walking lunges

followed by 10 burpees. (squat down, put hands on the floor, jump both your legs back, do a pushup, jump both legs in front, stand, and repeat)

Repeat.

Try increasing your speed every time you do this. Feel free to record your time in the comments section. Thanks.

