

# STRYKE BACK

Krista Stryker, author of *The 12 Minute Athlete*, lays out three simple high-intensity interval training routines to whip you into shape—fast.

BY JAMES COPENHAVER

## WORKOUT

### AT HOME

#### Equipment needed:

Chair, plyo box, stairs.

**Directions:** Perform each move for 30 seconds, resting 10 seconds between exercises. Do 3 rounds.

#### EXERCISE

SQUAT TO STEPUP

DECLINE PUSHUP WITH DOUBLE KNEE TOUCH

SIDE LUNGE

PIKE TO SHOULDER TOUCH

JUMP LUNGE

V-UP

## WORKOUT

### AT THE GYM

#### Equipment needed:

Medicine ball, plyo box, dumbbells (optional).

**Directions:** Complete 3 rounds, resting as little between reps and sets as possible.

EXERCISE	REPS
WALL BALL	15
PLYO PUSHUP	10
SQUAT STEPOVER	10
BURPEE TUCK JUMP	10
MEDICINE BALL JACKKNIFE	10
PLANK WITH HIP DIP	20







If you want to add an additional challenge to lower-body exercises, you can hold a pair of dumbbells or a kettlebell.

**WORKOUT**  
**AT THE PARK**

**Equipment needed:**  
Pullup bar, jump rope.

**Directions:** Perform each move for 30 seconds, resting 10 seconds between exercises. Do 3 rounds.

**EXERCISE**

BURPEE PULLUP

WALKING LUNGE

DOUBLE UNDER

WALL MOUNTAIN CLIMBER

HIGH KNEES WITH JUMP ROPE

HANGING LEG RAISE



**Great Gifts!**  
Pre-Order The NEW Pink Camo!\*

**BODYBUILDING GEAR**  
**OTOMIX®**



**THE STINGRAY ESCAPE** provides superior support and stability with an unlimited range of motion. Feather light with amazing traction, these shoes are ideal for MMA, Bodybuilding, Powerlifting, Weightlifting, Jujitsu and Boxing.

#MF3000 - Colors: red camo, white, camo, black, grey, red, royal blue, grey camo, pink/black • Sizes: male 6-14 female 6-12

#F3000 (female only) - Color: pink, pink camo • Sizes: female 6-10

\*Due to arrive the end of December. No guarantee for holiday delivery.

DEPT: AD18MFH

TO ORDER & JOIN OUR VIP LIST!

800-597-5425 - or - OTOMIX.COM

OTOMIX STORE:  
7585 COMMERCIAL WAY  
HENDERSON, NV 89011

f @OTOMIXSPORTS

t @OTOMIX

ig @OFFICIAL\_OTOMIX

sn @OFFICIALOTOMIX