**TOUCH THE WALL THEN GO TO START**

**TOUCH THE WALL THEN GO TO START**

**TOUCH THE WALL THEN GO TO START**

**TOUCH THE WALL THEN GO TO START**

**START**

**1**

**REP EACH**

**2**

**REPS EACH**

**3**

**REPS SEACH**

**4**

**REPS EACH**

**5**

**REPS EACH**

**REP N’ ROTATE CIRCUIT**

**GO TO LADDER THEN TO 1**

**GO TO LADDER THEN TO 5**

**GO TO LADDER THEN TO 4**

**GO TO LADDER THEN TO 3**

**START**

**START**

**START**

**GO TO LADDER THEN TO 2**

**START**

5

4

3

2

1