



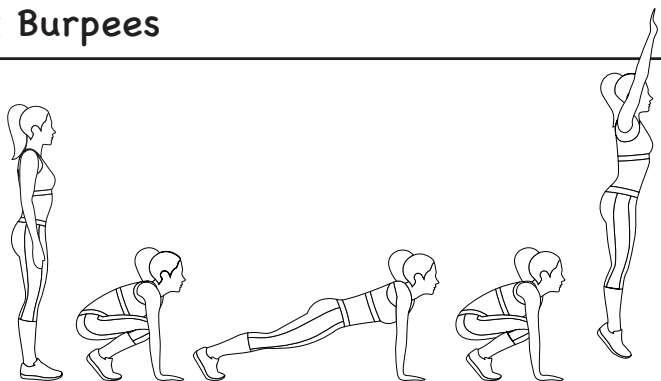
CLEVELAND'S WORKOUT



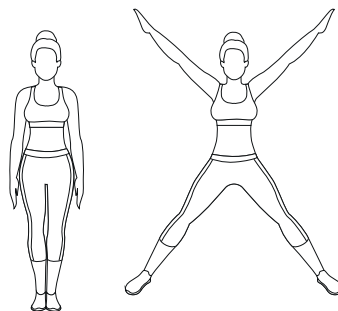
10 MINUTE AMRAP

(AS MANY ROUNDS AS POSSIBLE IN 10 MINS)

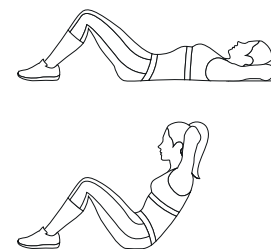
5 x Burpees



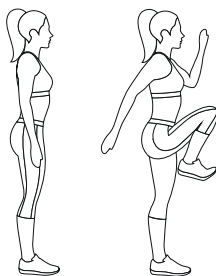
5 x Star Jumps



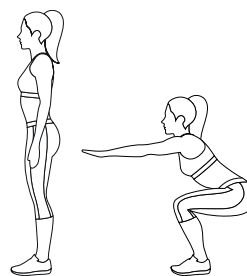
5 x Sit Ups



5 x High Knees



5 x Squats



COMPLETE ALL OF THE MOVEMENTS ABOVE = 1 ROUND.
CONTINUE FOR 10 MINUTES TO SEE HOW MANY
ROUNDS AND REPS YOU CAN GET.

