

ANYTIME ANYWHERE

BODYWEIGHT WORKOUT

*Directions: Complete each set 3 times before moving onto the next.
For extra calorie burn: do the warm up before starting each new set.*

WARMUP

10 LUNGE KICKS
20 SQUATS
30 MOUNTAIN CLIMBERS
20 JUMPING JACKS
10 BURPEES

SET #1

12-20 PUSH-UPS
:30 DOLPHIN PLANK
20 BICYCLE CRUNCHES

SET #2

:20-30 V-SIT
20 SUMO SQUATS
:30 HIGH KNEES

SET #3

12-15 SQUAT JUMPS
15 SKATER LUNGES
:30 BEAR CRAWL
:30 WALL SIT