



## **BODY WEIGHT WORKOUT**

50 Jumping Jacks  
40 Mountain Climbers (double count)  
30 Run with high knees (double count)  
20 Starburst Jumps  
10 Burpees

20 Alternating back lunges  
20 squat alternating side kicks  
20 Perfect push ups (nose to mat)  
20 Lying side crunch  
20 Heel Drops  
20 High Plank lift alternating arms  
20 Diamond Pushups

Repeat above cardio in reverse order but run 1 pacer [25' between 3 cones] between each exercise!

30 Tricep Dips  
30 Knee ups on elevated surface (park bench)  
30 Walking lunges (bring opposing hand to front toe as you lunge down)  
30 High plank knees to opposite wrist  
30 Bicycles (4-count)  
30 Push ups alternating knees in

Repeat first cardio but skip up and back [between first and third cone] between each exercise!

Cool down and stretch