

# BODY WEIGHT WORKOUT

## ROUND #1

Repeat entire sequence 3 times without stopping

Push Ups x 20

Double Crunch extend legs x 25

Squat Jump x 30

Run Strong 1 minute or Run in place with high knees

## ROUND #2

Do 30 of Each, then 20, then 10

Push Ups (nose to mat)

Mountain Climbers (double count)

Bicycles (4-count)

Fast Knees Up on Curb or Bench then Skip 1 minute

## ROUND #3

10 V UPS + 10 High Plank knees under (4 count)

20 Push Ups to Plank Jack

30 Tricep Dips

40 Standing Side Crunches

50 Squat Alternating Elbow to Opposite Knee

60 Second Plank + 60 second side plank (ea side)

60 Jumping Jacks or 1 minute Jump Rope

Repeat Round #3 in reverse order if time!