

TOTAL
BODY

WORKOUT

10
MIN

BODYWEIGHT

After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

WARMUP

Jumping Jacks - 30 seconds
Sun Salutations - 30 seconds
Jumping Jacks - 30 seconds
Sun Salutations - 30 seconds

WORKOUT

- Pike Pushups
- Mountain Climbers
- Super Man Hold
- Plank Hold
- Standing Knee to Elbow Drive (switch at 20 s)
- Knee Tuck Jumps
- T Pushups
- Pull the Straps
- Tricep Plank to Low Plank
- Spiderman Pushups