

Full Body



WORKOUT

10
MIN

BODYWEIGHT

WARM-UP (3-4 MINUTES, NOT INCLUDED IN WORKOUT TIME)

- 30s Jumping jacks
- 30s Arm circles
- 30s High knees
- 30s Bodyweight squats
- 30s Hip circles
- 30s Inchworms
- 30s Lunges in place

WORKOUT

FORMAT:

40s work / 20s rest, 1 min rest between sets repeat circuit twice (~10 minutes)

- 1. Jump squats**
- 2. Burpees**
- 3. Alternating lunges**
- 4. Mountain climbers**

