

BODYWEIGHT MELTDOWN

PART 1

***This is an ADD ON SET: Perform Exercise 1. Then perform exercise 1+2, then 1+2+3 and so on. When you have completed the set you will have gone through every exercise 1-7 straight through!

10	Jump squats
10	Push ups
10 (each side)	Reverse lunge with front kick
10 (each side)	Side plank dips
15	Burpees
20	Knee to chest sit ups
10 (each side)	Jump lunges

PART 2:

***This is a TIMED SET: Set a timer for 15 minutes. Repeat this bodyweight circuit for the allotted time. You will be racing against yourself! Push it and see how many rounds you can complete!

20	Bodyweight Squats
20	Walking lunges
45s	Wall sit
15	Triceps dips
10	Jump squats

