



TWO PART DO ANYWHERE WORKOUT!



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 a front kick
10 (each side)	Side plank dips
15	Burpees
20	Knee to chest sits 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
30s	Wall sit
10	Triceps dips
10	Burpees
30s	Forearm plank hold