

TOTAL  
BODY

# WORKOUT

15  
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 15 minute workout. If time allows, repeat the WORKOUT for a 30 minute burn!

## WARMUP

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

## WORKOUT

- Pushups
- Standing Mountain Climbers
- Plank, Cross Body Mountain Climbers
- Diamond Pushups
- Sprint In Place
- Sphinx (Low Plank) Knee to Elbow
- Wide Pushups
- Plyo Skaters
- Plank, Jump Feet to Hands and Back
- Down Dog to "Under the Fence" Pushups
- Burpees
- Plank, Opposite Hand/Leg Raise & Crunch (Switch)
- Blast Off Pushups
- Squat Pulses
- Plank, Shoulder Taps