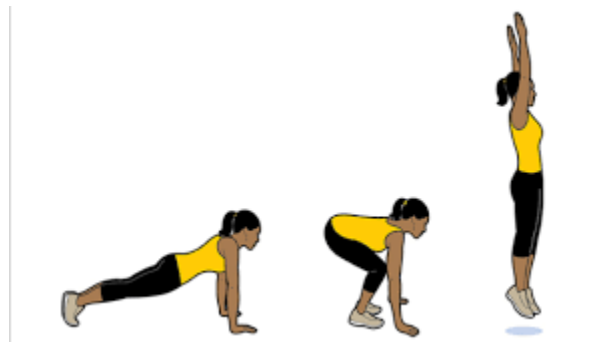


## 12 Steps to Success - Full Bodyweight Workout (15 minutes)

- 1 x Burpee
- 2 x Leg Lifts
- 3 x Pushups
- 4 x Squats
- 5 x Side crunches/side
- 6 x mountain climbers/side
- 7 x Jump squats
- 8 x Glute bridges
- 9 x Jumping jacks
- 10 x Lunges
- 11 x Crunches
- 12 x High knees/side

Rest for 1 minute then repeat. How many sets can you complete in 15 minutes?



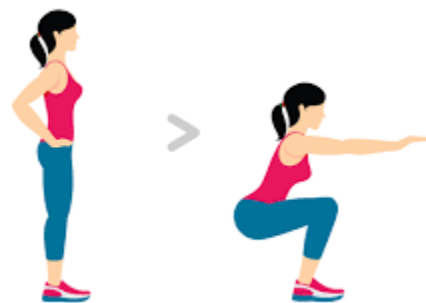
1 Burpee



*2 Leg Lifts*



*3 Pushup*



*4 Squat*



*5 Side Crunch*



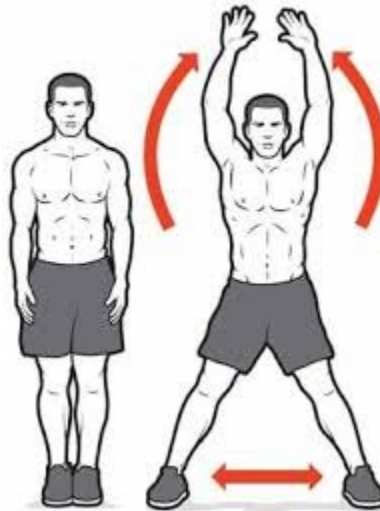
*6 Mountain Climber*



*7 Jump Squat*



*8 Glute Bridge*



*9 Jumping Jack*



*10 Lunge*



*11 Crunches*



*12 High Knees*

