

3 Set Simple Bodyweight Workout (approx. 15 minutes)

Set #1

60 seconds of mountain climbers

5 x push-ups

10 x sit-ups

15 x squats

60 second plank

Set #2

60 seconds of jumping jacks

10 burpees

60 seconds of butt kickers

10 burpees

Set #3

5 x slow pushups

10 x bicycle crunches

15 x jump squats

60 second plank w/ shoulder tap

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