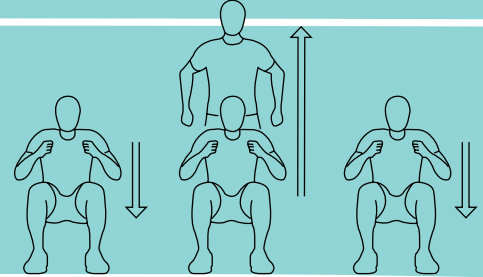


EVERY MINUTE, ON THE MINUTE



MINUTE 1

- 10 Body Weight Squats
- 15 Jump Rope Reps (single unders or double unders)



MINUTE 2

- 5 Push-ups
- 15 Jump Rope Reps



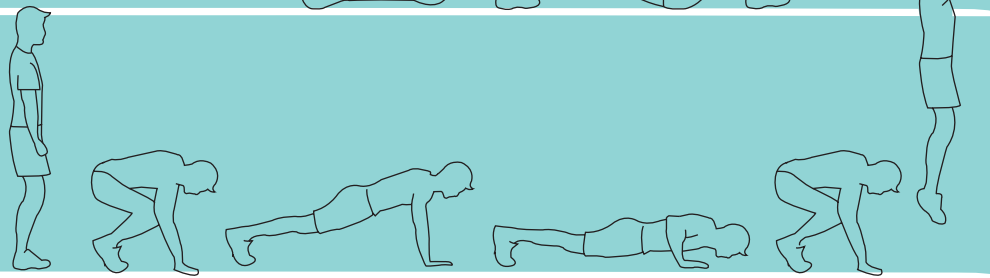
MINUTE 3

- 10 Sit-ups
- 15 Jump Rope Reps



MINUTE 4

- 5 Burpees
- 15 Jump Rope Reps



x5

Repeat this 4 minute cycle for 20 minutes,
that's 5 rounds total! Checkout the entire circuit below.

MINUTES 1-20

Round 1	Round 2	Round 3	Round 4	Round 5
0:00 Squat + Jump	4:00 Squat + Jump	8:00 Squat + Jump	12:00 Squat + Jump	16:00 Squat + Jump
1:00 Push-up + Jump	5:00 Push-up + Jump	9:00 Push-up + Jump	13:00 Push-up + Jump	17:00 Push-up + Jump
2:00 Sit-up + Jump	6:00 Sit-up + Jump	10:00 Sit-up + Jump	14:00 Sit-up + Jump	18:00 Sit-up + Jump
3:00 Burpee + Jump	7:00 Burpee + Jump	11:00 Burpee + Jump	15:00 Burpee + Jump	19:00 Burpee + Jump

ABILITY SCALE (REPETITION):
 Squats: Down to 5, or up to 15
 Push-ups: Down to 3, or up to 10
 Sit-ups: Down to 5, or up to 15
 Burpees: Down to 2, or up to 10

ALTERNATIVE MOVES:
 Squat Sits on chair, stand back up
 Push-ups with hands on desk or chair
 Sit-ups/Crunches
 Burpees/Run in place for 10-15 sec

