

BODY WEIGHT CIRCUIT

30 JUMPING JACKS

8 PUSHUPS

25 HIGH KNEES (EACH LEG)

6 BURPEES

10 CRUNCHES

10 SQUATS

5 PUSHUPS

10 CRUNCHES

5 PUSHUPS

7 SQUATS

30 JUMPING JACKS

1 MIN WALL SIT

5 PUSHUPS

25 HIGH KNEES

REPEAT 2 – 3 TIMES FOR MAX RESULTS