



Workout 5: Full Body Circuit

Dec. 19/20
DATE

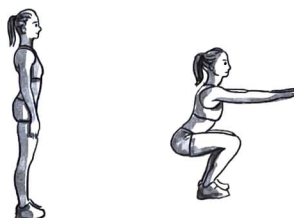
Rest for 15-20 seconds between each exercise, then rest for 1-2 minutes after completing the entire circuit. Complete the full circuit a total of 4-5 times.

1. JUMPING JACKS



(Duration: 30 Seconds)

2. BODY WEIGHT SQUAT



(Duration: 30 Seconds)

3. CRUNCH



(Duration: 30 Seconds)

4. MOUNTAIN CLIMBER



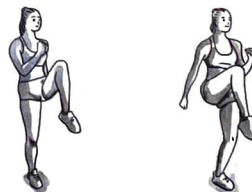
(Duration: 30 Seconds)

5. SIMULATED PULL-UP



(Duration: 30 Seconds)

6. HIGH KNEE



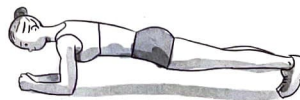
(Duration: 30 Seconds)

7. IN AND OUT PUSH-UP



(Duration: 30 Seconds)

8. PLANK



(Duration: 30 Seconds)

