

ARMS/ABS

1A Pushups	15 seconds
1B Russian Twists	30 seconds
1C Rest	15 seconds

2A Mountain Climbers	15 seconds
2B Straight Leg Sit Up	30 seconds
2C Rest	15 seconds

3A Tricep Dips	15 seconds
3B Penguin Crunches	30 seconds
3C Rest	15 seconds

4A High Plank to Elbow Plank	15 seconds
4B Elbow Plank	30 seconds
4C Rest	15 seconds

*Rest 30 seconds or 1 minute, then start again
Complete 3-5 rounds (15-25 minutes)*