



TRY THIS FULL BODY - BODYWEIGHT WORKOUT

TO BURN FAT AND IMPROVE FITNESS

No Equipment needed

Complete 2 rounds of both lots of Exercises for a Workout lasting 16mins in Total

*Rest 1-2 mins between each full Round if needed.

***WARM UP BEFOREHAND**

***COOL DOWN AFTERWARDS**



EXERCISE	WORK TIME	REST TIME
BODYWEIGHT SQUAT	30sec	30sec
SPRINTS	30sec	30sec
PUSH UPS	30sec	30sec
PLANK	30sec	30sec

EXERCISE	WORK TIME	REST TIME
JUMP SQUAT	30sec	30sec
JUMP JACKS	30sec	30sec
T ROTATIONS	30sec	30sec
LEG RAISES	30sec	30sec

WORK TO YOUR MAXIMUM POTENTIAL

STAY WELL HYDRATED

TAG ME #beckcoach IF YOU TRIED MY WORKOUT

