

PROJECT: GET IT DONE TOGETHER

Bodyweight interval training

In this workout you will alternate between cardio and strength-based exercises to achieve a total body workout.

How it works: - Alternate completing all 5 sets of exercise A. followed by Exercise B. 30 seconds on/ 10-15 seconds rest (between sets), 3- 4 rounds.

EXERCISES:

ROUND	SET A.	SET B.
1.	High knees	Squats
2.	Butt kicks	Push-ups
3.	Mountain Climbers	Bicycle crunches
4.	Plank jacks	Reverse Lunges
5.	Jumping jacks	Crunches