

FULL BODYWEIGHT WORKOUT PLAN

ROUNDS: Beginner: x3 | Advanced: x4 | Expert: x5

1 20 second burst
Warrior Right Side
10 second break



5 20 second burst
Warrior Left Side
10 second break



2 20 second burst
Jumping Jacks
10 second break



6 20 second burst
Pushups
10 second break



3 20 second burst
Leg Raises Right Side
10 second break



7 20 second burst
Leg Raises Left Side
10 second break



4 20 second burst
Squat Jumps
10 second break



8 20 second burst
Walking Lunges
10 second break

