



Week 4: Workout #2

Equipment:

Dumbbells

Mat

Circuit

30 squat jacks

10 push ups

30 seconds high knees

10 burpees

30 seconds plank

10 squats

5 push ups

30 seconds plank

5 push ups

7 squats

30 squat jacks

1 minute wall sit (hold "weight" straight out)

5 push ups

30 seconds high knees

Repeat entire workout 3-5 times. Rest 1 minute between sets. Try to do each exercise with minimal rest in between. Rest at the completion of one set.