



Week 4: Workout #4

Equipment:

Dumbbells

Mat

Time Challenge

40 seconds jumping jacks

25 squats

30 second plank

15 superman

40 seconds high knees

20 seconds speed skaters

20 seconds tricep dips

30 bicycles

30 seconds mountain climbers

15 bridges

20 side lunges (right and left = 1)

15 push ups

30 second plank

15 superman

10 belly burpees

30 (step back) lunges right

20 crunches

30 (step back) lunges left

Complete one time for speed! Record your time!

Challenge: Complete entire circuit 2-3 times!