Full Body Workout At Home

- **50** Jumping Jacks
- **25** Push Ups
- **25** Burpees
- **50** High Knees
- **50** Squat Jumps
- **25** Sit Ups
- **25** Leg Raises
- **25** Dips
- **1** Minute Plank
- **25** Jump Lunges
- **25** Tuck Jumps
- **50** Mountain Climbers

How to do Burpees:
1. Squat
2. Kick feet back
3. Push up
4. Return to squat
5. Stand and end with jump

How to do Squat Jumps:
1. Squat
2. Stand and end with jump

Repeat 2 times

5 Min Cool Down

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