



# The 25 Minute Workout

No gym. No equipment. No excuses.

- 01 40 Jumping Jacks
- 02 25 Squats
- 03 10 Push-Ups
- 04 30 Second Plank
- 05 15 Supermans
- 06 40 Knee Highs
- 07 20 Speed Skaters
- 08 20 Tricep Dips
- 09 30 Bicycle Sit-Ups
- 10 15 Bridges
- 11 30 Mountain Climbers
- 12 20 Side Lunges
- 13 15 Push-Ups
- 14 30 Second Plank
- 15 15 Supermans
- 16 10 Burpees
- 17 30 Lunges
- 18 50 Arm Circles
- 19 20 Toe-Touch Crunches
- 20 20 Swimmers
- 21 30 Twisting Frog Jumps

Cool down 2-minute march in place

change **IN** seconds