Body Weight Workout

DO 5 Rounds of the Following Circuit, try and Keep moving to keep your Heart Rate Up!

10 Deep Squats (keep heels on the ground)

20 High Plank Shoulder Taps

10 Modified Pushups

20 Alternating Side Lunges (OR 30 Skaters)

30 Ab Bicycles

20 Side Plank Hip Bumps on each side