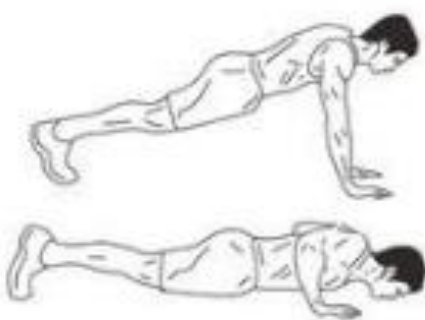


Bodyweight Training

1. high knees
60 seconds



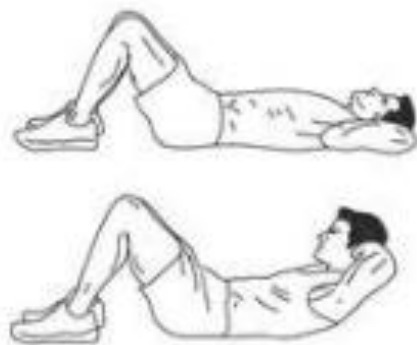
2. push ups
b: 5|4|3
i: 10|8|6
a: 15|12|10



3. forward lunges
b: 10|8|6
i: 20|15|10
a: 50|40|30



4. crunches
b: 12|10|8
i: 20|18|16
a: 60|40|20



5. squats
b: 12|10|8
i: 20|18|16
a: 40|30|20



6. knee pull-ins
b: 12|10|8
i: 20|18|16
a: 40|30|20



rest between sets

beginner: as long as you need
intermediate: up to 60 seconds
advanced: 40 seconds