

Equipment-Free Bodyweight

Perform each move for 60 seconds of work with 30 seconds of rest between moves:

	Exercise	Work	Rest
1	Boxer Bounces <i>30 seconds/stance</i>	60s	30s
2	Bear Crawl + Break-Dancer Combo	60s	30s
3	Skater Jump + Single-Leg Jump Combo	60s	30s
4	Crab Walk + Reaches Combo	60s	30s
5	Heel Click Adductor Squat Jumps	60s	30s
6	Hand Jack + Feet Jack Plank Combo	60s	30s
7	Split Stance Hip Turn Drop Squats	60s	30s
8	Plank to Pushup Jacks	60s	30s
9	Triple Squat Pulses	60s	30s
10	Alternating Arm Plank Jacks	60s	30s

That's 1 round. Perform 2 total rounds.

