

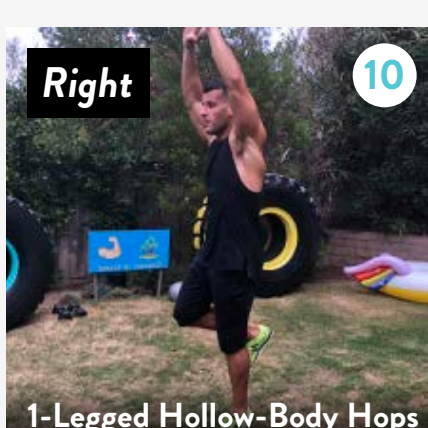
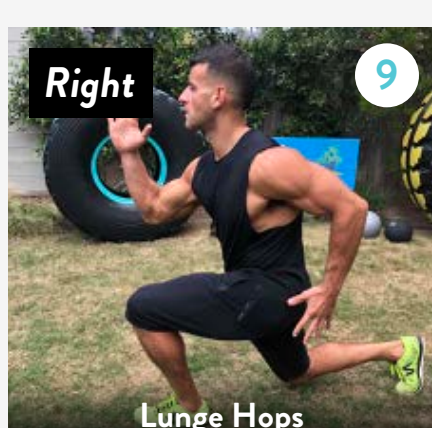
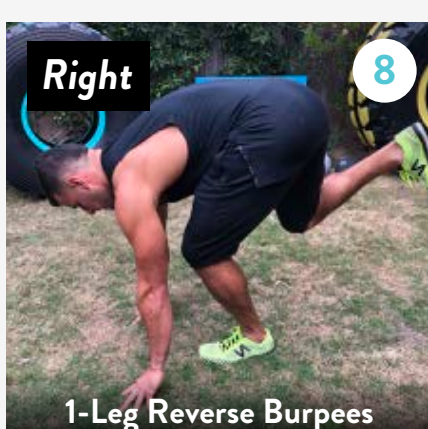
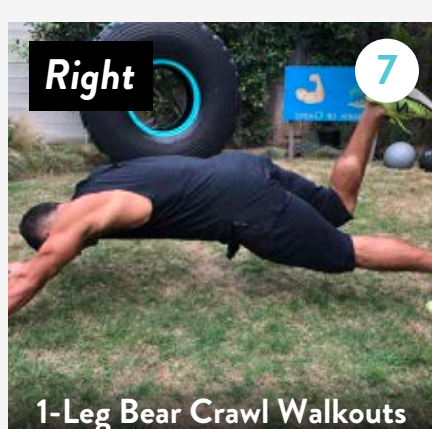
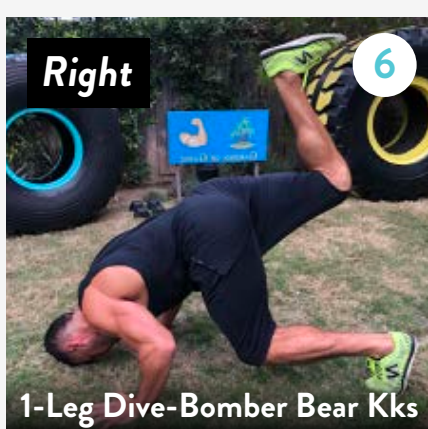
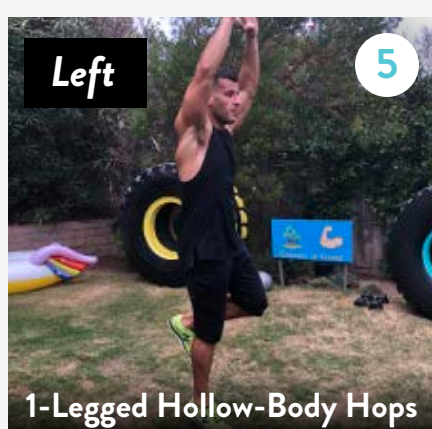
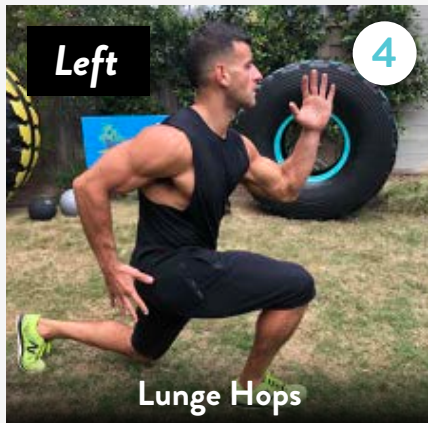
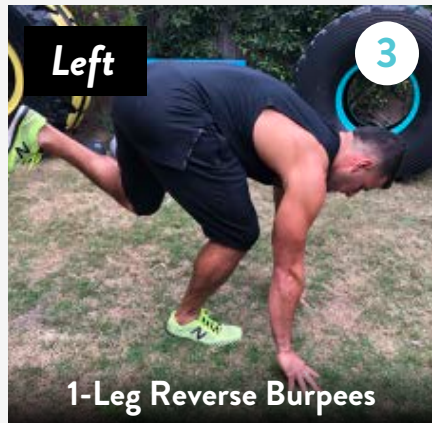
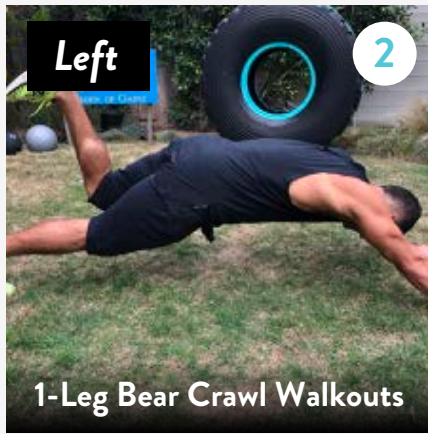
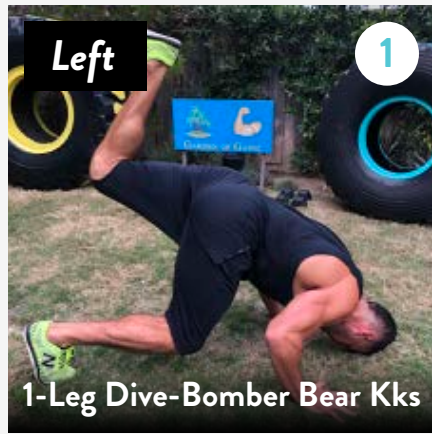
## Bodyweight

Perform each move for 30 seconds with little to no rest between moves:

Repeat for 3-5 rounds, with 60s rest in between rounds.

	Exercise	Time	Rest
1	<b>1-Leg Dive-Bomber Bear Kicks</b> <i>Left/Weak Leg</i>	30s	0s
2	<b>1-Leg Bear Crawl Walkouts</b> <i>Left/Weak Leg</i>	30s	0s
3	<b>1-Leg Reverse Burpees</b> <i>Left/Weak Leg</i>	30s	0s
4	<b>Lunge Hops</b> <i>Left/Weak Leg</i>	30s	0s
5	<b>1-Legged Hollow-Body Hops</b> <i>Left/Weak Leg</i>	30s	0s
6	<b>1-Leg Dive-Bomber Bear Kicks</b> <i>Right/Strong Leg</i>	30s	0s
7	<b>1-Leg Bear Crawl Walkouts</b> <i>Right/Strong Leg</i>	30s	0s
8	<b>1-Leg Reverse Burpees</b> <i>Right/Strong Leg</i>	30s	0s
9	<b>Lunge Hops</b> <i>Right/Strong Leg</i>	30s	0s
10	<b>1-Legged Hollow-Body Hops</b> <i>Right/Strong Leg</i>	30s	0s

1 Round = 5 Minutes. Repeat **3x – 5x** with 60s rest between rounds



See this workout at:

<https://thedailybj.vhx.tv/december-2018-workouts/videos/workout-1-december-2018>