

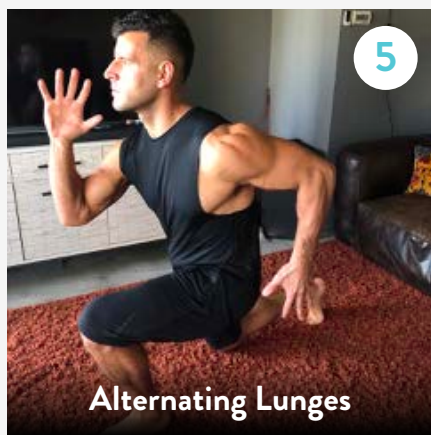
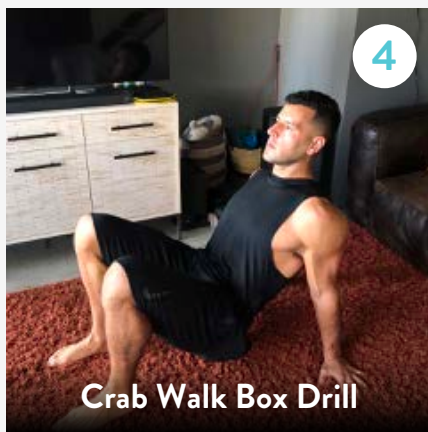
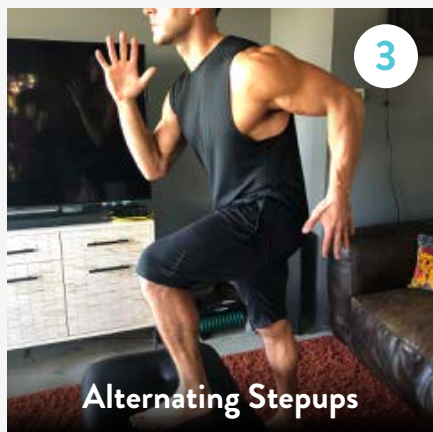
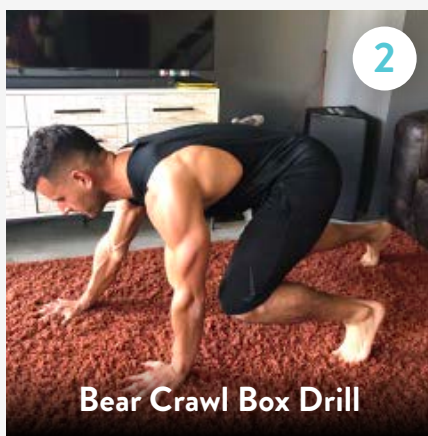
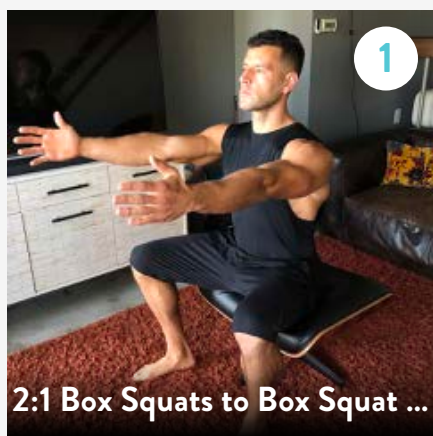
## Bodyweight

Perform each move for 2 minutes of work with little to no rest between moves:

Do up to 3 total rounds for a 30-minute workout.

	Exercise	Time	Rest
1	2:1 Box Squats to Box Squat Jump	2m	0s
2	Bear Crawl Box Drill	2m	0s
3	Alternating Stepups	2m	0s
4	Crab Walk Box Drill	2m	0s
5	Alternating Lunges	2m	0s

1 Round = 10 Minutes. Repeat **3x**



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-1-january-2019>