

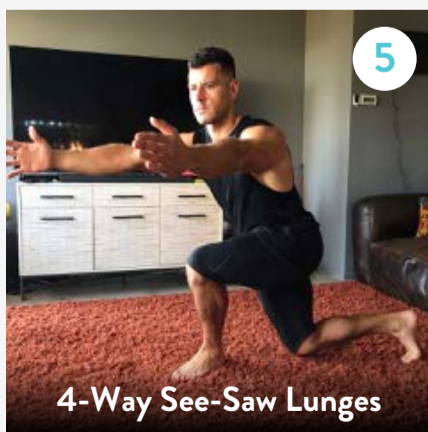
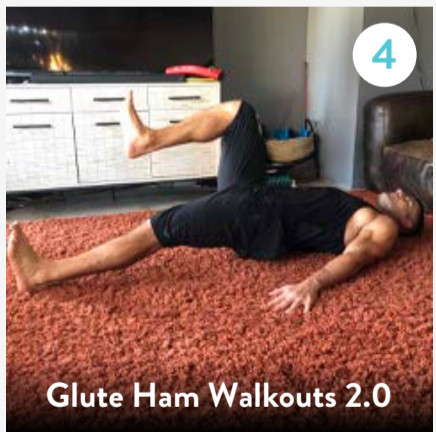
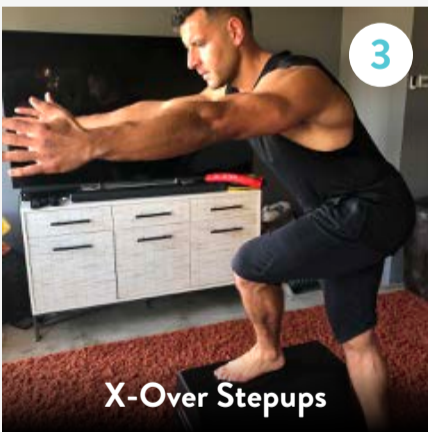
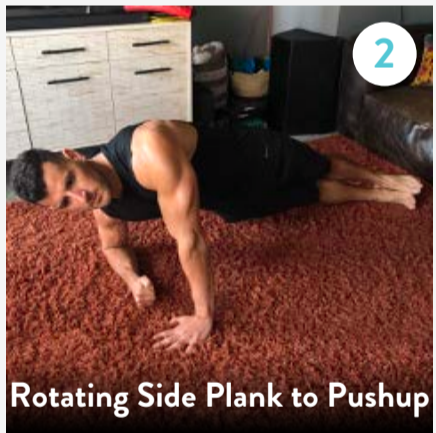
Bodyweight

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 | Box Jump to Alternating Stepdown | 2m | 0s |
| 2 | Rotating Side Plank to Pushup | 2m | 0s |
| 3 | X-Over Stepups <i>60 seconds / side</i> | 2m | 0s |
| 4 | Glute Ham Walkouts 2.0 <i>60 seconds/ side</i> | 2m | 0s |
| 5 | 4-Way See-Saw Lunges <i>60 seconds / side</i> | 2m | 0s |

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



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-4-january-2019>