

Anytime, Anywhere Bodyweight BURN

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Exercise	Week 1   Date:			Exercise	Week 1   Date:		
	Sets	Reps	Lbs		Sets	Reps	Lbs
1) Squat	3	25		7) Step Up into Curtsy Lunge	3	10 each leg	
2) Squat Pulses	3	25		8) Split Squat	3	10 each leg	
3) Squat Jumps	3	20		9) Lunge Jumps	3	20	
<b>Rest 30 seconds</b>				<b>Rest 30 seconds</b>			
4) Push Up Shoulder Tap	3	10		11) Tricep Dips	3	15	
5) Commandos	3	24		12) Reverse Table Top Toe Touch	3	20	
6) Shoulder Taps	3	40		13) Plank Reach	3	1 minute	
<b>Rest 30 seconds</b>				<b>Rest 30 seconds</b>			
<b>Instructions / Cardio:</b>	<p>Start at the top of the column and perform the first 3 exercises back to back with no rest. Rest for 30 seconds and complete the next 3 exercises back to back. Repeat until you've gone through all 4 tri-sets and repeat the entire workout for a total of 3 times.</p> <p>Do this workout anytime, anywhere; perfect for traveling or on the go!</p>						