



Warm-up (5 minutes)

- Upward Chops – 8 reps
- Bent knee Pushup – 8 reps
- Cross Crawl – 10 reps per side
- Lunges Reach – 10 reps per side
- Rest 1 minute before repeating 1 more time.

Water Break – 2 minute

30-Minute Bodyweight Challenge (30 minutes)

- Take a 1 minute rest and water break after each circuit.
- Continue until 30 minutes is up.

Vertical Jumps – 10 reps

BW Squats – 20 reps

Close-grip Pushups – 20 reps

Walking Lunges – 10 reps per side

Cross-Body Mountain Climber – 10 reps per side

Pushups – 20 reps

Sumo Squats – 20 reps

Plank-to-Pushup – 5 reps per side

Jumping Jacks – 30 reps

Repeat