



NO EQUIPMENT FULL BODY HOME WORKOUT

ROUND 1

30 Jumping Jacks

20 Squats

10 Pushups

Rest 30 Seconds

ROUND 2

30 Mountain Climbers

20 Lunges

10 Pushups

Rest 30 Seconds

ROUND 3

30 Pulsing Squats

20 Burpees

10 Pushups

Rest 30 Seconds

ROUND 4

30 Bicycle Crunches

20 Cross Jacks

10 Pushups

Rest 30 Seconds

Repeat All 4 Rounds

What Is Home Workout Ideas For Experts 15131

Victor M. Corman



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