

BEAT YOUR BEST

Equipment Needed: Workout Mat

Grab your timer and set it for 45 seconds! You'll complete each of the 7 exercises for 45 sec. each, accumulating one giant rep count! Be sure to count the number of reps for each exercise. Following each round, you'll try to match or beat your previous rep count! Complete this series as many times as you'd like!

Duration: 20 minutes

Workout:

- Squat Jumps
- Johnny Cs
- Flutter Kicks
- Lateral Jacks
- Walking Lunges
- Chest to Ground Burpees
- Mat Bear Crawls

