

INTERVAL SWITCH

Equipment Needed: Workout Mat

Duration: 30 minutes

Workout: Set an interval timer for 20 sec of work / 10 sec of rest. Alternate between 2 exercises in each round for a total of 4 min per round. Take 1 min of rest between rounds, then move to the next pair of exercises.

- Round 1
 - Squat Jacks
 - Chest-to-Ground Burpees
- Round 2
 - Lateral Jacks
 - Lunge Jumps
- Round 3
 - High Knees
 - Star V-Ups
- Round 4
 - Mat Shuffles
 - Mountain Climbers
- Round 5
 - Squat Jumps
 - Mat Bear Crawls