

# Bodyweight Workout

Complete each set three time before moving onto the next set. For extra calorie burn, do the warmup before starting each new set.

**Warmup:** 10 Lunge Kicks  
20 Squats  
30 Mountain Climbers  
20 Jumping Jacks  
10 Burpees

**Set 1:** 12-20 Pushups  
30-second Dolphin Plank  
20 Bicycle Crunches

**Set 2:** 20- to 30-second V-sit  
20 Sumo Squats  
30-second High Knees

**Set 3:** 12-15 Squat Jacks  
15 Skater Lunges  
30-second Bear Crawl  
30-second Wall Sit