



Day (Circle One) Monday Tuesday Wednesday Thursday Friday Saturday Sunday

How long did you workout?

Duration of Workout (20 minutes):

Round #1 - 5 min.

Exercise	Reps	How Many Reps Did You Do?
Burpees	10 - 15	
Mountain Climbers	15 - 25	
Plank Jacks	15 - 25	
Jump Rope	1 - 2 min.	

1 min. rest

Round #2 - 5 min.

Exercise	Reps	How Many Reps Did You Do?
Jumping Lunges	15 - 25	
Broad Jumps	6 - 10	
Kettlebell Swings	15 - 25	
Situps	15 - 20	

1 min. rest

Round #3 - 5 min.

Exercise	Reps	How Many Reps Did You Do?
Pushups	10 - 15	
Russian Twists	15 - 20	
Ball Slams	10 - 25	
Plank Hold	45 - 90 seconds	

1 min. rest

Note: Go back to Round #1 if you complete Round #3 in less than 20 min.