

FULL BODY WORKOUT #1

Repeat 5 times

- 1 minute plank hold
- 20 mountain climbers
- 15 sit-ups
- 15 push-ups
- 15 squats
- 5 burpees

FULL BODY WORKOUT #2

Repeat 6 times

- 20 sit-ups
- 20 push-ups
- 20 bicycles
- 45 second plank
- 10 squat jumps
- 10 side-lunges (each leg)