

A workout you can do anytime

Start by performing each exercise for 15 seconds for the first round and then increase the time by 15 seconds for each subsequent round (i.e., 30, 45 and 60 seconds); rest for one minute between each round. You can complete this challenge in just 24 minutes, but you can extend your workout by completing three additional rounds in reverse order (of 45, 30 and 15 seconds, respectively) for a total of 39 minutes. Finish up with a cool-down and some stretches and you're done!

Superman Twists



Staggered Spiderman Push-ups



Plank Sways



Bird Dog



Plank Jacks



Half Burpees



Mountain Climber Twists



Frog Hop Squats

