No Equipment Workout Plan

- Jumping Jacks - 60 Seconds
- Squats - 60 Seconds
- Burpees - 60 Seconds
- Push Ups - 60 Seconds
- Lunges - 60 Seconds
- Supermans - 60 Seconds
- Climbers - 60 Seconds
- Squats/Calf raise - 60 Seconds
- Clap Push ups - 30 Seconds
- Jump Ropes - 30 Seconds