

# 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**

