

15-minute bodyweight workout



Instructions



Warm up by jogging on the spot for 3 minutes



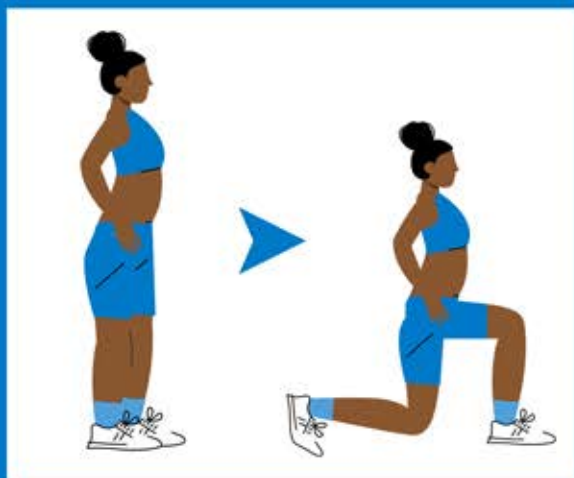
Complete as many reps of each exercise as you can in 40 seconds, rest for 20 seconds before next exercise



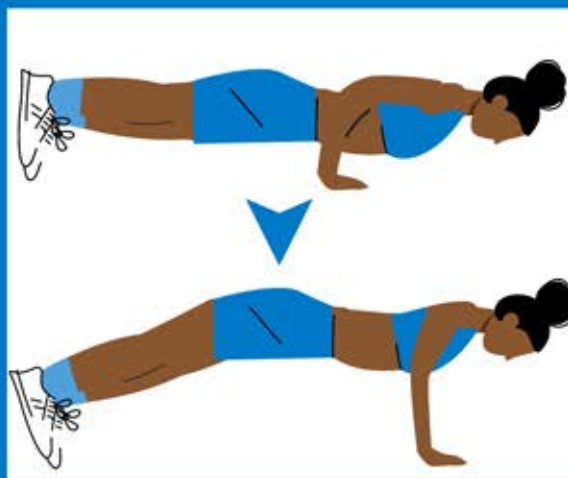
Complete the full routine twice



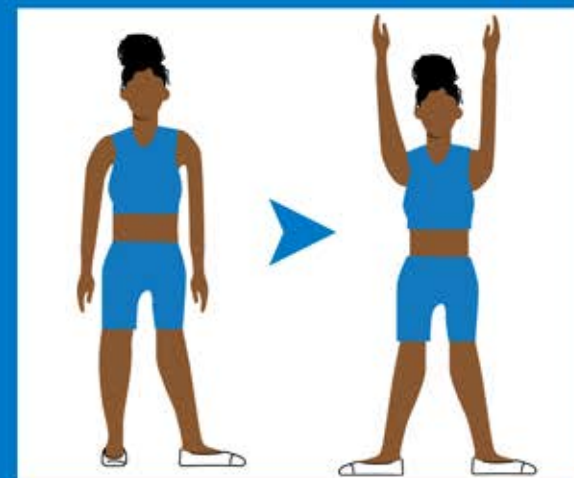
Cool down with 2 mins of stretches



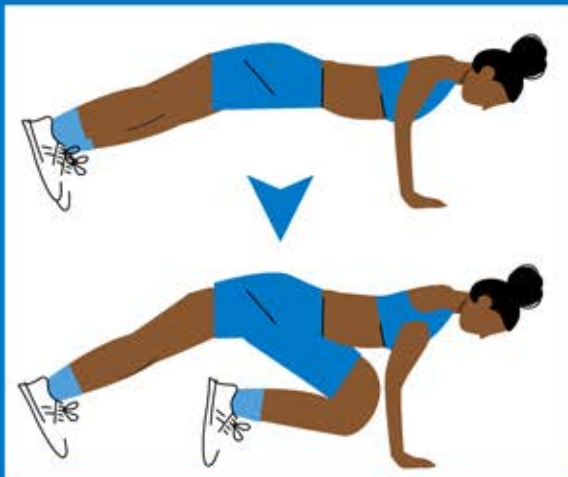
1. Lunges



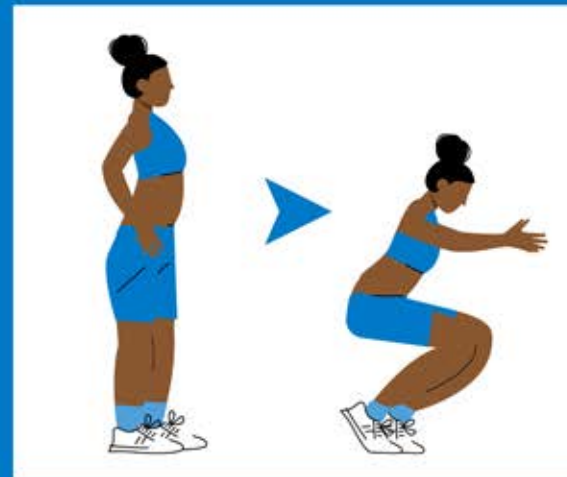
2. Pushups



3. Jumping jacks



4. Plank crunches



5. Squats