SWEAT: Simple, Without Equipment All-body Training (Easy)

CIRCUIT 1
- JUMP ROPE

CIRCUIT 2
- CIRCLE RUNS

CIRCUIT 3
- SKATERS

CIRCUIT 4
- JACKS

CIRCUIT 5
- ZOMBIE KICK

TIME
- CARDIO 0:30
- UPPER 0:30
- LOWER 0:30
- CORE 0:30

EXERCISES
- PUSH UPS
- HIGH-ROWS
- DEAD LIFTS
- REPEATERS 4X

- DOLPHIN PIKE
- REVERSE CRUNCH
- SIDE PLANK
- BICYCLES
- PLANK

RECOVERY 0:30

2 MINUTE RECOVERY. REPEAT CIRCUIT UP TO 3 TIMES