

### 3 Period Workout

1. 30 Second Intervals
2. Go through period twice (except Abs-only 1 time)
3. 1 minute break between circuits
4. Any Abdominal work is for 1 minute

<u>Period 1</u>	<u>Period 2</u>	<u>Period 3</u>	<u>Overtime</u>
Push-ups	Triangle push-ups	Traveling Push-ups	Inchworms
Mountain Climbers	Skater Strides	Lunges	Bicycle Sit-ups
Plank Pose	Supermans	Burpies	
Sumo Squats	Squat Jumps	Double Jump Ropes (No ropes)	
Leg Raises w/flutter kicks	Full sit-ups	Side Plank raises	

### Another Option

Clap Push-ups

Side Lunges

Single Leg hops

Mummy kicks

Reverse Crunches (Mountain Peaks)