

25-MINUTE NO EQUIPMENT CARDIO AND STRENGTH WORKOUT

MOVE	TIME	NOTES
PUSH-UP TO SIDE PLANK	WORK: 45 seconds REST: 15 seconds	Alternate sides
CURTSEY LUNGE TO SIDE TWIST	WORK: 45 seconds REST: 15 seconds	Alternate sides
JUMPING JACKS WITH PUNCH	WORK: 45 seconds REST: 15 seconds	Add a punch between reps, alternating arms
NARROW SQUAT TO WIDE SQUAT	WORK: 45 seconds REST: 15 seconds	
BURPEE	WORK: 45 seconds REST: 15 seconds	
BUTTERFLY SIT-UP	WORK: 45 seconds REST: 15 seconds	
TRICEP DIP WITH LEG RAISE	WORK: 45 seconds REST: 15 seconds	Alternate between raising each leg
MOUNTAIN CLIMBERS	WORK: 45 seconds REST: 15 seconds	