

12 min Holiday Time Crunch Workout – Full Body – Body Weight

Equipment needed: mat, floor space, timer/watch, jump rope (optional), chair

Exercise	Reps/Time	Weight Used	Notes
Perform 3 rounds of the following exercises – circuit style, resting when needed			
High-knees jump rope	60 secs	n/a	Just do high knees if you don't have a jump rope
Bulgarian Split Squat - Left	30 secs	n/a	
Bulgarian Split Squat - Right	30 secs	n/a	
Plank/Knee/Push-up	60 secs	n/a	
Burpees with Push-up	60 secs		

Optional bonus: 1 minute wide squat jump/switch jump combo