PRIME LIFE FIT
LOVE YOUR LIFE AT ANY AGE!

2018 Beat the Bloat Holiday Challenge

12 Minute Full-Body Bodyweight Workout

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

Please warm-up appropriately

Perform three rounds of the following exercises. Take rest as needed.

Exercise	**Weight**	**Reps/Time**
Jump Rope/High Knees/March in Place	n/a	1 min
Bulgarian Split Squat Left – 30 secs	n/a	30 secs
Bulgarian Split Squat Right – 30 secs	n/a	30 secs
Push-up/Knee to Elbow	n/a	1 min
Burpees	n/a	1 min

OPTIONAL FINISHER:

1 min wide squat jumps/switch jumps