



## **Memorial Day Body Weight Challenge**

**Timed set:** Record the total time it takes to complete this workout.

**Equipment:** Timer/Watch and your body!

Exercises:

- Burpees
- Squats
- Pushups (or modified push up)
- Mountain climbers
- Bicycle crunches

**Rules of the test:**

Start at 10 reps of each exercise and then repeat from top doing 9 reps of each exercise. Rest as little as possible between exercises. Continue counting down until you finish with 1 rep of each exercise. Stop the clock.

**Ab finisher! How many rounds can you do it 3 mins.**

- 6 side plank hip taps – right side
- 6 knee crossover to elbow in plank position (that's 6 on each side)
- 6 side plank hip taps – left side