

DAY 2: BODYWEIGHT FAT-BURNING

Muscle Group: Full body

BEGINNER

EXERCISES	REPS/TIME	SETS
JUMPING JACK	20 SECONDS	3 ROUNDS (2 MINUTES REST IN BETWEEN EACH ROUND/SET)
REST	15 SECONDS	
ABS CRUNCH	20 SECONDS	
REST	15 SECONDS	
STATIONARY RUN	20 SECONDS	
REST	15 SECONDS	
RUNNING PLANK	20 SECONDS	
REST	15 SECONDS	
SQUAT	20 SECONDS	
REST	15 SECONDS	
PUSH UP	20 SECONDS	

INTERMEDIATE

EXERCISES	REPS/TIME	SETS
JUMPING JACK	20 SECONDS	3-4 ROUNDS (2 MINUTES REST IN BETWEEN EACH ROUND/SET)
REST	10 SECONDS	
JACK KNIFT	20 SECONDS	
REST	10 SECONDS	
HIGH KNEE UP	20 SECONDS	
REST	10 SECONDS	
MOUNTAIN CLIMBER	20 SECONDS	
REST	10 SECONDS	
SQUAT	20 SECONDS	
REST	10 SECONDS	
PUSH UP	20 SECONDS	

Use **JY Timer** app for this workout. Free download in Google Play and App Store.