



15 Minute Workouts

Complete 3 rounds of each exercise at an interval of 40:20. That's 40 seconds of work and 20 seconds of rest.

Workout 1: Upper Body

1. Pushups
2. Plank w/Shoulder Tap
3. Pike Pushups
4. Inchworms
5. Tricep Dips

Workout 3: Core

1. Plank from Elbows
2. Side Plank Right
3. Side Plank Left
4. Flutter Kicks
5. Situps

Workout 2: Lower Body

1. Squats
2. Reverse Lunges
3. Split Squat Right
4. Split Squat Left
5. Squat Pulses

Workout 4: Cardio

1. High Knees
2. Burpees
3. Jump Squats
4. Jumping Jacks
5. Plank Jacks