

Workout #1 Countdown Bodyweight Challenge

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

Equipment: Timer

Exercises:

Burpees (Total body extensions, modified burpee)

Squats

Push ups (modified push up)

Mountain climbers

Bicycle crunches

Rules of the test: Start at 10 reps of each exercise. Rest as little as possible, do 9 reps of each exercise, count down until you finish with 1 rep of each exercise. Stop the clock.

Training Variation: Use the same exercises, start at rep 1 and count up to 10.

