

Bodyweight Workout

Exercise	Upper/Lower	Sets	Reps
Pushup	Upper	3	10
Plank	Core	3	10
Dip	Upper	3	10
Squat	Lower	3	10
Mountain Climber	Core	3	10
Burpee	Both	3	10

Notes:

Rest 60 seconds between sets

Feel free to add more reps if you have the time and feel comfortable

© 2017 Shrinkinguy Fitness (www.shrinkinguy.com)