

20 Min. LIVING ROOM WORKOUT

15 SQUAT JUMPS

5 PUSH UPS

25 HIGH KNEES

7 BURPEES

10 LUNGES

7 SQUATS

5 PUSH UPS

10 LUNGES

5 PUSH UPS

7 SQUATS

15 SQUAT JUMPS

1 MIN WALL SIT

5 PUSH UPS

25 HIGH KNEES

REPEAT 3 TIMES