



**"DIRTY DOZEN"**  
12-1 REPS  
SQUATS  
PUSH UPS  
SIT UPS

**"BODY WEIGHT CINDY"**  
20MIN AMRAP  
5 BURPEES  
10 PUSH UPS  
15 SQUATS

**"ALL IN PLACE"**  
3X:  
45 LUNGES  
30 PUSH UPS  
15 BURPEES

**"THE STARS AT NIGHT"**  
50 PUSH UPS  
25 JUMPING JACKS  
50 SIT UPS  
25 JUMPING JACKS  
50 SQUATS  
25 JUMPING JACKS  
50 SUPERMANS  
25 JUMPING JACKS

**"THE RAPTURE"**

50 BURPEES  
75 FLUTTER KICKS  
100 PUSH UPS  
150 SIT UPS  
200 SQUATS

**"DOUBLE LADDER"**

2X  
10 SUPERMANS  
20 DIPS  
30 KNEE TO ELBOW  
40 REVERSE LUNGES  
50 RUSSIAN TWIST

**"SINGLE SIDED"**  
5X

20 LATERAL LUNGES  
20 RUSSIAN TWIST  
20 PLANK SHOULDER TAPS