

# QUICK BODY BLAST

*No time? No equipment? No worries. This workout is quick, simple, and effective.*



Exercise		Reps	Rest	Notes
A1	Air Squats	20	0	Squat down to below 90 degrees
A2	Donkey Kicks	15 each	0	Hold each rep at the top for 2 seconds
A3	Glute Bridges	15	0	Hold each rep at the top for 2 seconds
A4	Forward Lunges	15 each	0	Lunge forward and push back up to starting position (alternating legs)
A5	High Knees	20 each	0	Fast
A6	Mountain Climbers	20 each	1m 30s	Fast
*Do as many sets of A1-A6 as you can / have time for				
				