

CAN BE DONE
ANYWHERE!

FREE | Full Body Crash Workout

Perfect workout to do when you can't get to the gym. Perform with intensity and do all of the reps before moving on to the next exercise.

NO RESTING BETWEEN EXERCISES!

Wall Sits	2 Minutes	Pause the timer each time you come out of the Wall Sit. Complete the full 2 minutes!
Side Plank Hold (left side)	1 Minute	
Side Plank Hold (right side)	1 Minute	
Plank Hold	1 Minute	
Push-ups	20 Reps	If you can't perform a normal push-up, drop to your knees and do assisted push-ups
Shoulder Taps	100 Reps (50 / arm)	
Tricep Dips	35 Reps	
Squat Jumps	30 Reps	
Jumping Lunges	50 Reps (25 / side)	If you can't perform jumping lunges, perform quick and controlled reverse lunges
Air Squats	50 Reps	
Burpees	25 Reps	
Leg Lifts	50 Reps	
Ab Bike	50 Reps	

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