

Day 1

Seated Back Rows: 45 seconds	
One-Arm Shoulder Press: 45 seconds	
High Knees: 30 seconds	
O-Pose Hold: 60 seconds	
One-Arm Lateral Raise: 45 seconds	
Sprinter Lunges: 45 seconds	
Rest 45 Seconds and repeat 3X	

Day 2

One-Arm Bicep Curls: 30 seconds	
Bridges: 60 seconds	
One-Arm Overhead Tricep Extension: 45 seconds	
Standing Chest Press: 45 seconds	
Straight Leg Deadlifts: 30 seconds	
Plank Jacks: 60 seconds	
Rest 45 Seconds and repeat 3x	

Day 3

Squat Press: 45 Seconds	
Steps ups with Curls: 45 Seconds	
Lateral Raises: 45 Seconds	
Lateral Lunge with Diagonal Chop: 45 Seconds	
Reverse Lunge with Row: 45 Seconds	
Alternating Chest Press: 45 Seconds	
Rest 45 Seconds and repeat 3x	

DAY 4

Burpees	30 Seconds
Pushups	60 Seconds
Sit ups	60 Seconds
Rest 45 Seconds and repeat 3x	