

YOUR BODY BETTER
BEST BODY EVER CHALLENGE
BODYWEIGHT BOOT CAMP #2

Reps	Exercise	Weight	Sets	Keep Track
18	Pushups	n/a	4	
15	Jump Squats	n/a	4	
12	Burpees	n/a	4	
after four cycles, rest for 2 minutes				
10	Walking Pushups	n/a	4	
15	Frog Jumps	n/a	4	
100	Mountain Climbers	n/a	4	
after four cycles, rest for 2 minutes				
25	Jumping Jacks	n/a	4	
90 second	Plank	n/a	4	
100	Mountain Climbers	n/a	4	
after four cycles, repeat from the beginning until you've completed 60 minutes				