Today’s training is all about pushing your body. The exercises in this routine challenge all the major muscle groups at a high intensity.

**EQUIPMENT**
- Water
- Push-up Bars (Optional)
- Mat
- Resistance Bands

1. 50 Jumping Jacks
2. 20 Pushups
3. 15 Burpees
4. 60 Second Wall Squat or Hold
5. 30 Second Flutter Kicks
6. 30 Second Scissor Kicks
7. 25 Split Lunge Jumps
8. 30 Bicycle Crunches
9. 25 Sit Ups
10. 60 Second Plank Hold
11. Repeat Routine 2-3 Times* 

*As a Bonus Round

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