

Fast Fat Burner Workout

Do it Anywhere, Anytime

Instructions:

1. Do each exercise for 30 seconds and take 10 seconds rest between exercises.
2. Focus on form. More reps within that 30 seconds is great but it's better to have fewer reps with perfect form than the other way around.
3. Make sure you do at least 5 mins warm up.
4. Have some water with you.
5. If unsure, please get in touch!

Exercises

1. Burpee (without push ups)
2. Squat
3. Mountain Climbers
4. Push Ups
5. Jump Lunges
6. High Knees
7. Plank

Repeat all 7 exercises as many times as you can. Take between 30 – 60 seconds rest between rounds.

Have fun 😊