

EVERY DAMN DAY

Complete in the allotted time 15 reps of all exercises

Run around plaza

Dumbbell torpedos

Pushups

Jump Squats

Dumbbell front raises

Run around plaza

Inverted rows

Spiderman pushups

Burpees

Scissor kicks

Run around plaza

Sit ups

Seal jacks

Shoulder taps

Kettlebell upright row

Ab wheel

Medicine ball overhead toss

Run around plaza