

Wednesday Warrior Workout

Warmup

Level 1 (3 sets):

20 Jumping Jacks

20 Sit-ups

10 Pushups

:20 Rest between sets

Water break

Level 2 (4 sets):

20 Mountain Climbers

20 Bicycle Crunches

8 Shoulder pushups

:25 Rest between sets

Water break

Level 3 (5 sets):

20 High Knees

20 Russian Twists

5 Streamline Squat Jumps

:30 Rest between sets

Cool down