

# The 30-Minute, No-Gym Bodyweight Workout

Perform 3 sets of 12-15 reps of the following supersets,  
0-30 seconds rest in between:

## 1a Tuck Jump



## 1b Push-Up



## 2a Squat



## 2b Mountain Climber



## 3a Tricep Dip



## 3b Glute Bridge

