

Keep stacking each new exercise onto the previous exercise(s) to make this an intense but quick workout. Enjoy.

Prayer Lunges (note:1 min each leg)

Rest 0-15 sec

Prayer Lunges + Push Up

Rest 0-15 sec

Prayer Lunge + Push Up + x Jump

Rest 0-15 sec

Prayer Lunge + Push Up + x Jump + Plank

Repeat up to 3 times