

THE DAILY 12



PERFORM EACH EXERCISE FOR THE STATED REPS WITHOUT REST IN BETWEEN (IF YOU CAN!).

12 x MOUNTAIN CLIMBERS

12 x BURPEES

12 x SQUATS

12 x RUSSIAN TWISTS

12 x CRUNCHES

12 x SQUAT JUMPS

12 x JUMPING JACKS

12 x HIGH KNEE JUMP

12 x PRESS-UPS

12 x LEG RAISES

12 x FORWARD LUNGES

12 x REAR LUNGES

REPEAT X 3

