

*"The weather was so beautiful this weekend it got us out of our heavy winter clothes and into our strappy summer cottons... Here's a workout that will help you feel good about shedding the winter woolies and burning fat for summer fun!"*

## **Linda's Bodyweight Fat Loss Circuit**

Do each exercise as a circuit (no rest between exercises). At the end of the circuit, rest 30-60 sec and repeat 2-3 times depending on your fitness level.

- Jump Jacks 30
- Bodyweight Squats 15
- Push Ups 15
- Front Lunge 12 each
- Bench Dips 15
- Step ups 15 each side
- Plank 30sec's
- Walk on treadmill at 4mph (10% incline) for 2min OR 10 burpees

This workout will get your heart rate up and get you sweating! You can do this workout ANYWHERE, because there is no equipment needed. So, no excuses....get yourselves moving! And enjoy!