

**No space? No time? No equipment? No excuses!
15 minute total body workout**



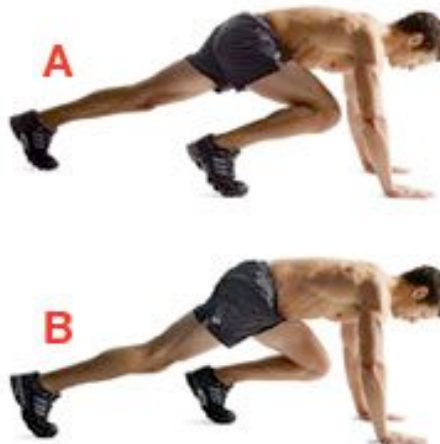
Lunges: 20 reps each leg



Push-ups: 20 reps, on toes or knees



Squats: 20 reps



Mountain Climbers: 20 reps, alternate knees



Single Leg Toe Touch: 15 reps each leg



Tricep Dips: 15 reps



Hip Bridges: 20 reps



Bicycle Crunches: 20 reps