

### FULL BODY BODYWEIGHT PROGRAM 3

For these bodyweight programs, you only need yourself! Well, you may need a chair/ bench/ ledge as well, but that's about it.

For program 3, we are going to increase the number of sets. 4 sets of 10 exercises, 15 reps of each exercise.

Complete the exercises in this order:

1. Alternating Lunges
2. Crunches/ Sit Ups
3. Jumping Jacks
4. Push Ups
5. Squats
6. Mountain Climbers
7. Russian Twist
8. Side Lunges
9. Supermans
10. Burpee