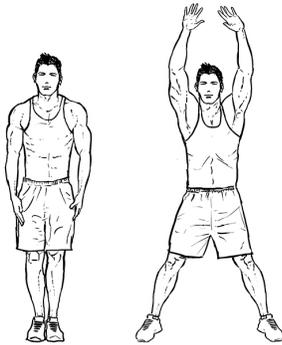


Turbo Charged Morning Workout

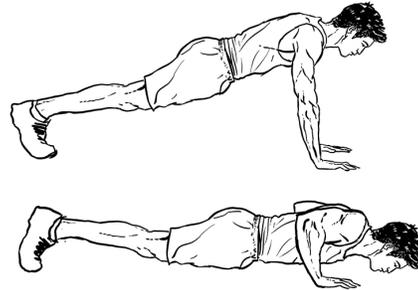
Using an interval timer (our favorite is *Repeat Timer Pro* for iOS), perform each exercise in this circuit routine for **50 seconds**, taking **10 seconds** to catch your breath and get into position for the next exercise. Repeat the 6-minute circuit for an even better day!

1



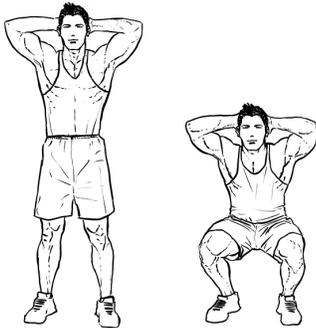
Jumping Jacks

2



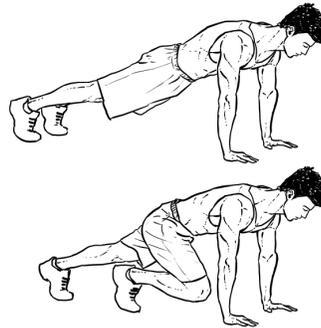
Push-ups
or Modified Push-ups

3



Bodyweight Squat

4



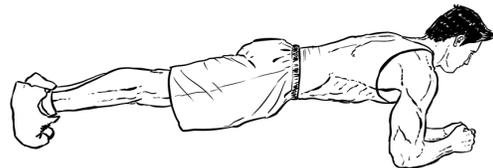
Mountain Climbers

5



Bicycle Crunches

6

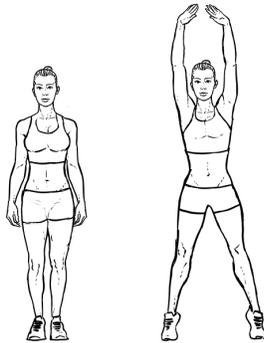


Plank

Turbo Charged Morning Workout

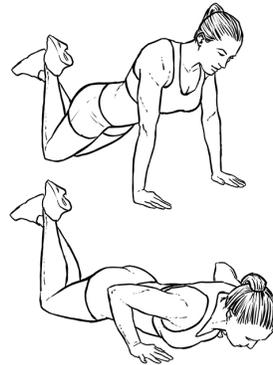
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1



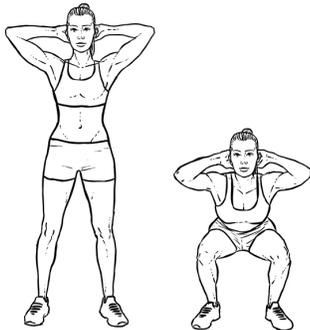
Jumping Jacks

2



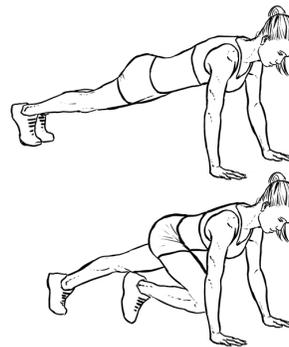
Modified Push-ups

3



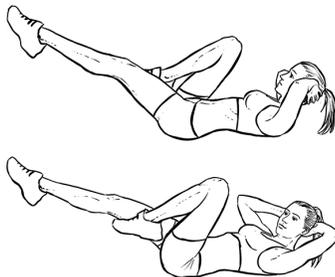
Bodyweight Squat

4



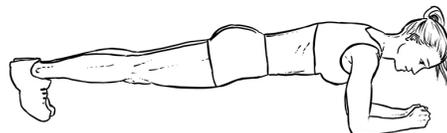
Mountain Climbers

5



Bicycle Crunches

6



Plank