

Plank and **GO**

You'll start by doing a 1 minute plank. You'll then complete 5 exercises and finish by running a lap or up a couple of flights of stairs. Put it on repeat and drop the push-ups by 2 and **ADD** a lap or a flight or stairs. Set a timer for 30 minutes and see how many rounds you can get through.

- 1** Minute Plank
- 20** Squats
- 30** Shoulder Taps
- 40** Jumping Jacks
- 30** Walking Lunges
- 20** Push-ups
- Lap or Stair Run