

Countdown Workout



Directions: Start with 10 reps of each different exercise and move to 9 reps then 8...7.....2...1. Rest :30 seconds between each round of reps. You can supplement this workout with running or if this is your full workout. If you are doing this as your entire workout, repeat the circuit 2-4x, no more than 30 minutes.

- jumping jacks
- push-ups
- sit-ups
- squats
- burpees

[Link to timer](#)