

Short on time? On the Road? No Problem!

This quick metabolic revving workout will have your heart-beating and the sweat dripping all in 15 minutes so you can focus on the rest of your day.

Equipment: None. Just yourself and a 6x6 space

Instructions: Do each exercise for 30 Seconds. 3 rounds total.

The Workout

1. Jumping Jacks

2. Burpees

3. Divebomb Pushups

4. High Knees

5. Plank Walk

6. Back Lunge High Knee

7. Mountain Climbers

8. Air Squats

9. Push Ups

10. Skaters

11. Plank

Repeat 2 x