

15 Minute Full Body Burner Workout

Want to workout but never seem to have the time? This full body no equipment workout provides a maximum caloric burn while building strength and endurance. Best of all, it only takes 15 minutes to complete! It is a circuit style workout that focuses on high intensity and compound exercises. You'll be amazed at what you can accomplish in only 15 minutes per day.

Instructions:

Complete the included Warm-up & Dynamic Stretches before beginning the workout in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury.

This is a circuit-style workout. If you are a beginner, complete the first three exercises for the recommended repetitions. Take a 60 to 90-second break then perform the next three exercises. This counts as one set. Take another short break and begin again from the top.

If you are more advanced, do not take a break until you have completed all 6 exercises. You can also increase the sets to 4 to 6, keeping the repetitions the same. Take a break between 60 to 90 seconds then begin the next set.

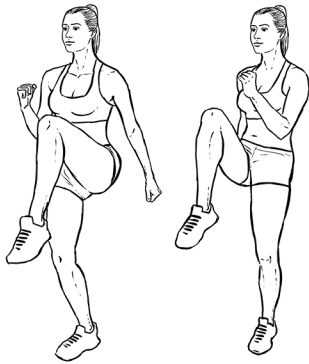
Follow each workout with the included Post-Workout Stretches to kick start recovery, maximize results and help prevent injury.

Exercises in this workout:

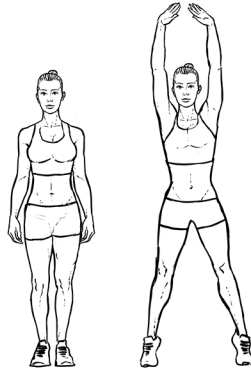
- Jump Squat
- Spiderman Push-up
- Split Alternating Squat Jumps
- Dynamic Clap Push-up
- Bodyweight Walking Lunge
- Mountain Climbers / Alternating Knee-ins
- Bodyweight Squat
- Burpees/ Squat Thrust

Warm-up & Dynamic Stretches

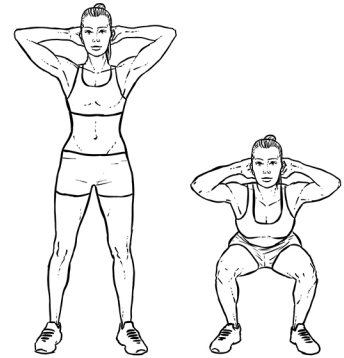
Prepare your body and mind for physical activity, loosen and stretch your muscles and increase your heart rate and breathing to raise blood and oxygen flow by performing this warm-up before your workout. Using an interval timer (you can download any timer app on your phone or get any small timer). **perform each exercise for 30 seconds with 15 seconds of rest in between.**



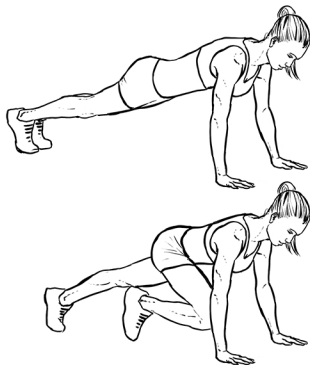
High Knees



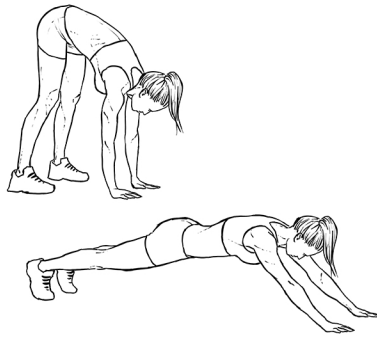
Jumping Jacks



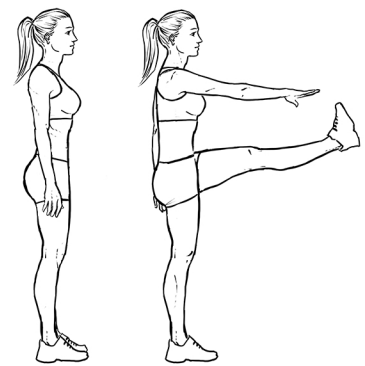
Bodyweight Squats



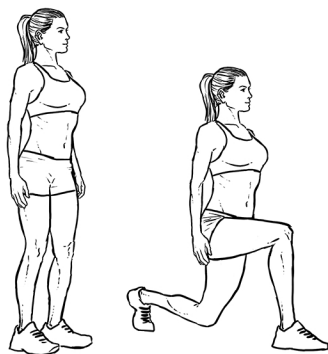
Mountain Climbers



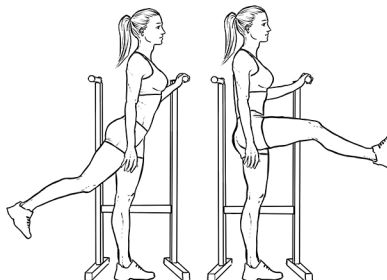
Inchworm



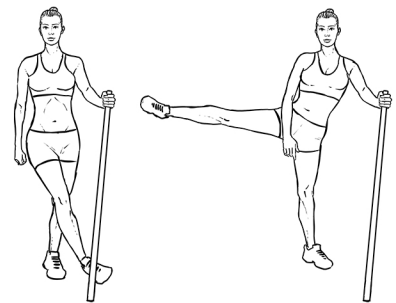
Walking High Kicks



Bodyweight Walking Lunge



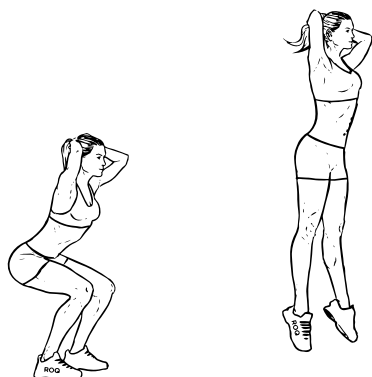
Forward Leg Swings



Side Leg Swings

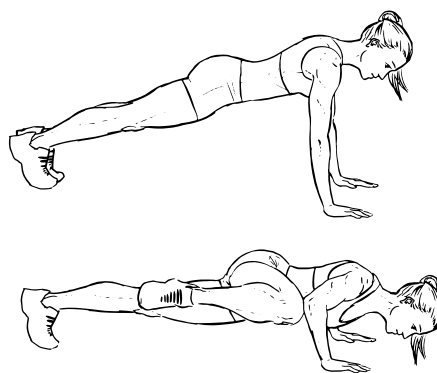
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Jump Squat



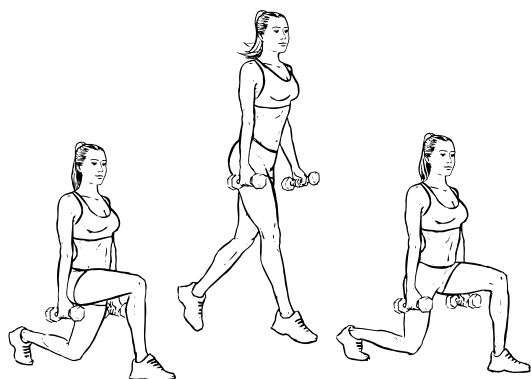
2 sets 15 reps

Spiderman Push-up



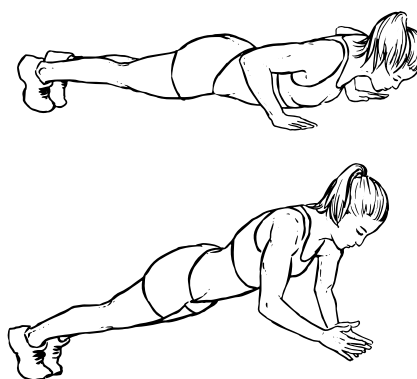
2 sets 15 reps

Split Alternating Squat Jumps



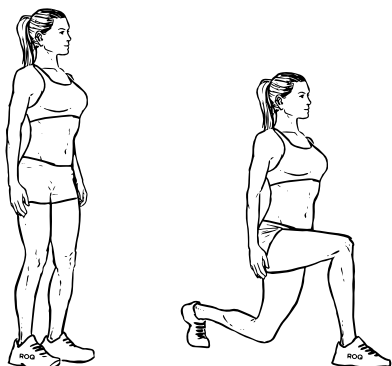
2 sets 15 reps

Dynamic Clap Push-up



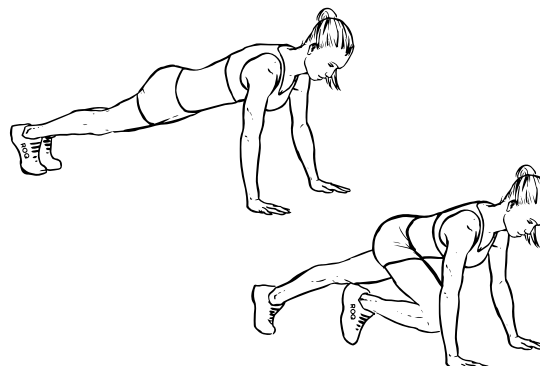
2 sets 15 reps

Bodyweight Walking Lunge



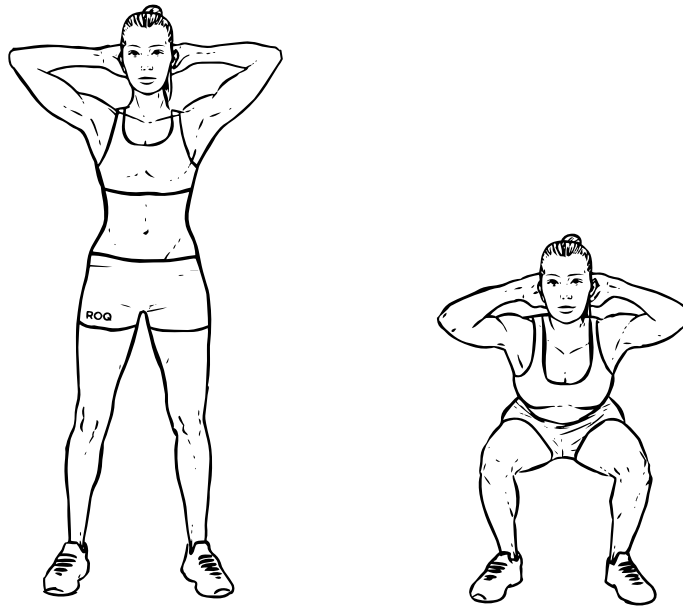
2 sets 15 reps

Mountain Climbers / Alternating Knee-ins



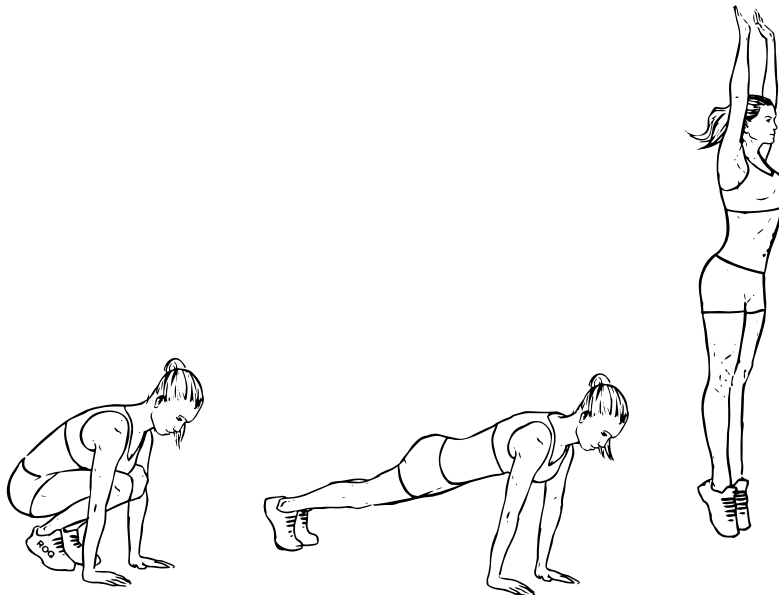
2 sets 15 reps

Bodyweight Squat



1 sets **15** reps

Burpees / Squat Thrust



1 sets **15** reps

Post-Workout Stretches

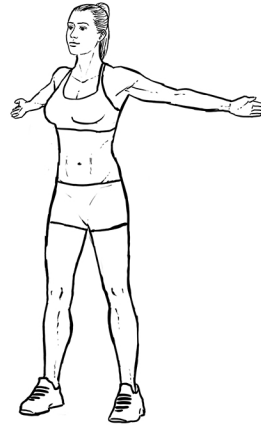
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (you can download any timer app on your phone or get any small timer). **hold each stretch for 30 seconds, taking 5 seconds to get into the next position.**



Neck × 2



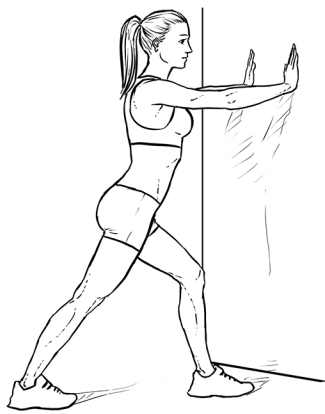
Shoulders × 2



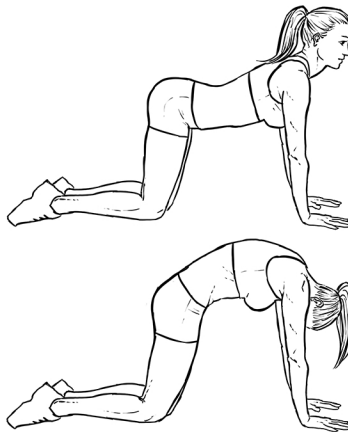
Chest



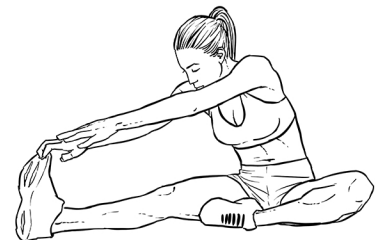
Quadriceps × 2



Calves × 2



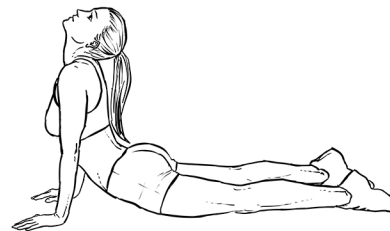
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems