

# 10 MINUTE OR LESS BODYWEIGHT CIRCUIT



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

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# 10 Minute or Less Body Weight Circuit Routine

## **The Workout Routine:**

Do each exercise for 30 Seconds:

2 Rounds of:

Mountain Climbers

Push Ups

Plank

Air Squats

Reverse Superman Hold

Lunges

Push Ups

Sit Ups

Burpees

Jump Squats