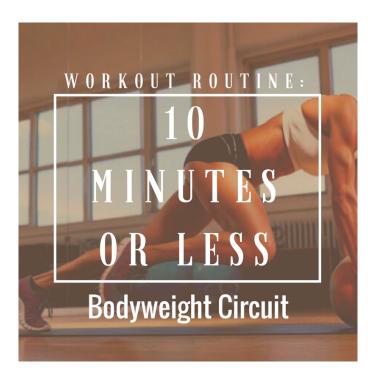
# 10 MINUTE OR LESS BODYWEIGHT CIRCUIT



# BONUS PDF FILE

By: Mike Romaine



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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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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