



Day 83



Exercise
15 second matrix
15 second star jumps, 15 second rest
15 second star jumps, 15 second squats, 15 second rest
15 second star jumps, 15 second squats, 15 second plank, 15 second rest
15 second star jumps, 15 second squats, 15 second plank, 15 second press-ups
30 seconds rest (then reverse and descend)
15 second press-ups, 15 second Plank 15 second squats, 15 second star jumps, 15 second rest
15 second press-ups, 15 second Plank 15 second squats, 15 second rest
15 second press-ups, 15 second Plank, 15 second rest
15 second press-ups, 15 second rest