

DAY 1**45 Seconds**10 Jumping Jacks
8 Squats**DAY 2****90 Seconds**5 Jumping Jacks
8 Squats
8 Push-Ups**DAY 3****2 Minutes**20 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows**DAY 4****2 Minutes,
30 Seconds**25 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows
20-Second Plank**DAY 5****REST!****Tip**

"These times are meant to be goals. If it takes you longer to complete a workout, that's totally fine. Keep working, and you'll get better." —Adam Rosante, trainer

DAY 6**2 Minutes,
30 Seconds**15 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows
20-Second Plank
15 Jumping Jacks**DAY 7****3 minutes**20 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
25-Second Plank
20 Jumping Jacks**DAY 8****3 Minutes,
45 Seconds**25 Jumping Jacks
12 Squats
12 Push-Ups
12 Bent-Over Rows
30-Second Plank
25 Jumping Jacks**DAY 9****4 Minutes,
30 Seconds**30 Jumping Jacks
15 Squats
15 Push-Ups
15 Bent-Over Rows
35-Second Plank
30 Jumping Jacks**DAY 10****REST!****Tip**

"The secret to any kind of weight-lifting: Take one explosive second to lift dumbbells, then about four seconds to lower them."
—Rosante

DAY 11**3 Minutes,
45 Seconds**30 Jumping Jacks
8 Squats
8 Push-Ups
8 Bent-Over Rows
8 Overhead Presses
35-Second Plank
35 Jumping Jacks