

DAY 21**12 Minutes,
30 Seconds**

50 Jumping Jacks
10 Squats
10 Push-Ups
10 Bent-Over Rows
10 Overhead
Presses

10 Biceps Curls
10 Sit-Ups
30-Second Plank
50 Jumping Jacks

Rest 1 Minute

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 22**14 Minutes**

55 Jumping Jacks
12 Squats
12 Push-Ups
12 Bent-Over Rows
12 Overhead
Presses

12 Biceps Curls
12 Sit-Ups

35-Second Plank
55 Jumping Jacks

Rest 1 Minute

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 23**17 Minutes,
30 Seconds**

65 Jumping Jacks
15 Squats
15 Push-Ups
15 Bent-Over Rows
15 Overhead
Presses

15 Biceps Curls
15 Sit-Ups
40-Second Plank
65 Jumping Jacks

Rest 1 Minute

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 24**18 Minutes,
30 Seconds**

70 Jumping Jacks
18 Squats
18 Push-Ups
18 Bent-Over Rows
18 Overhead
Presses

18 Biceps Curls
18 Sit-Ups
45-Second Plank
70 Jumping Jacks

Rest 1 Minute

When you've
caught your breath,
repeat the same
moves you just
did except for the
first set of Jumping
Jacks.

DAY 25**REST!****Tip**

"You've spent
the last few
weeks laying the
foundation—
now it's time
to challenge
yourself. Doing
the circuit a
second time
through will
build your
endurance."

—Rosante

