

<b>10 Minute Quickie</b>				
		<i>REST</i>	<i>SETS</i>	<i>REPS</i>
A1	BODYWEIGHT HOLLOW BODY HOLD	0	2	30 SEC
A2	<a href="#">BODYWEIGHT ALTERNATING LUNGE JUMPS</a>	30	2	60 SEC
	<i>REST 60 SEC BETEWEEN A AND B</i>			
B1	DIVEBOMBER PUSHUP	0	2	30 SEC
B2	<a href="#">SINGLE LEG TOE TOUCH</a>	45	2	30 SEC EA

<b>15 Minute Quickie</b>				
		<i>REST</i>	<i>SETS</i>	<i>REPS</i>
A1	<a href="#">BAND ROW</a>	0	2	60 SEC
A2	<a href="#">SLIDER MOUNTAIN CLIMBER</a>	30	2	60 SEC
B1	<a href="#">SLIDER REVERSE LUNGE</a>	0	2	30 SEC EA
B2	<a href="#">INCHWORMS</a>	45	2	30 SEC
C1	<a href="#">SLIDER HAMSTRING CURL</a>	0	1	60 SEC
C2	<a href="#">LEG LIFT WITH HIP PRESS</a>	0	1	60 SEC
C3	<a href="#">3 PART BAND SHOULDER WARM UP</a>	0	1	60 SEC

<b>30 Minute Quickie</b>				
		<i>REST</i>	<i>SETS</i>	<i>REPS</i>
A1	<a href="#">BANDED FACE PULL</a>	0	2	60 SEC
A2	<a href="#">SUSPENSION TRAINER PUSHUP</a>	0	2	60 SEC
B1	<a href="#">SUSPENSION TRAINER SINGLE ARM ROW R</a>	0	2 - 3	30 SEC
B2	<a href="#">SUSPENSION TRAINER SINGLE ARM FALL OUT R</a>	0	2 - 3	30 SEC
B3	<a href="#">SUSPENSION TRAINER SINGLE ARM ROW L</a>	0	2 - 3	30 SEC
B4	<a href="#">SUSPENSION TRAINER SINGLE ARM FALL OUT L</a>	30	2 - 3	30 SEC
C1	<a href="#">SLIDER HAMSTRING CURL</a>	0	1	60 SEC
C2	<a href="#">LEG LIFT WITH HIP PRESS</a>	0	1	60 SEC
C3	<a href="#">SUSPENSION TRAINER ATOMIC PUSHUP WITH PIKE</a>	0	1	60 SEC



**BOD IN A BOX**