

Phone Number Workout

1

25 burpees

2

100 jumping
jacks

3

Side plank
30 seconds each
side

4

50 superman
swimmers

5

20 squats

6

100 arm circles
front & back

7

45 mountain
climbers

8

100 forward
cross punches

9

One minute
plank

Looking to
switchup your
workout?

0

30 crunches

Dial the first
number that comes
to mind and give
that workout a try!