

No excuse (gymless) workout

- 50 jumping jacks
- 50 crunches
- 45 jumping jacks
- 45 squats
- 40 jumping jacks
- 40 crunches
- 35 jumping jacks
- 35 push ups
- 30 jumping jacks
- 30 squats
- 25 jumping jacks
- 25 crunchies
- 20 jumping jacks
- 20 push ups
- 15 jumping jacks
- 15 squats
- 10 jumping jacks
- 10 push ups
- 5 jumping jacks
- 5 crunchies
- 5 squats
- 5 push ups