

6 MINUTE MORNING WORKOUT

10 TOE TOUCHES

10 PUSHUPS

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10 SIT-UPS

10 TORSO TWIST

10 SPLIT LUNGE HOPS

10 JUMPING JACKS

MARCH IN PLACE 20 SEC

10 ARM CIRCLES BACK

10 ARM CIRCLES FRONT

MARCH IN PLACE 20 SEC

10 BICYCLE ABS

MARCH IN PLACE 10 SEC.

5 INHALE/EXHALE ARMS

SLOW JOG IN PLACE 20 SEC.

FAST JOG IN PLACE 20 SEC.

MWR TRAINER TIP: THIS WORKOUT IS GREAT FOR GETTING THE BLOOD FLOWING IN THE MORNING. ONE ROUND IS APPROXIMATELY 6 MINUTES, COMPLETE MORE ROUNDS FOR A LONGER WORKOUT.