

From SEALFIT Weekly Monster Mash (publ free on their site):

Body-weight workout—approx 25min.

- 50 4-count jumping jacks
- 25 Push-ups
- 25 Dive bomber pushups
- 50 4-count jumping jacks
- 50 Air Squats
- 50 Monkey Squats
- 25 Push-ups
- 5 Minute Plank hold
- 50 4-count flutter kicks
- 50 4-count Mountain Climbers
- 25 Push-ups
- 25 Star Jumps
- 50 Air Squats
- 50 Leg Levers
- 50 Burpees