

FOR MEN
FITNESSRx™ **PRINT AND GO**
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

HIIT BODYWEIGHT WORKOUT

Repeat this circuit 10-20 times, without rest. If you need to rest, take a 30-60 second break after the fourth and final exercise of the circuit.

EXERCISE	REPS
PUSHUPS	20
DIPS	15
PULLUPS	10
AB WHEELS	10