

# THE BEST AT-HOME WORKOUT in 24-minutes



Perform each exercise for 45 seconds, followed by 15 seconds of rest. Repeat all eight exercises x 3 sets.

Single Arm Snatch + Overhead Reverse Lunge (right/left)



Split Jumps



Push Ups



Sumo Squat + Curl



Plyo Squat Jack



Tricep Kick + Glute Bridge



Total Body Roll Up



Chest to Floor Burpees



# Top Method For Home Workout Explained For Students

**Tao Wei**



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