



SUGAR

Maroon 5: 3:56

MOORPARK COLLEGE STUDENT
HEALTH CENTER

1

5 JUMP-SQUATS



Seconds

50

20 MOUNTAIN
CLIMBERS

2

Seconds

3

10 BURPEES



Seconds

20

25 JUMPING JACKS

4

Seconds

5

30 SECOND PLANK



Seconds

50

50 CROSS BODY JAB
PUNCHES

6

Seconds

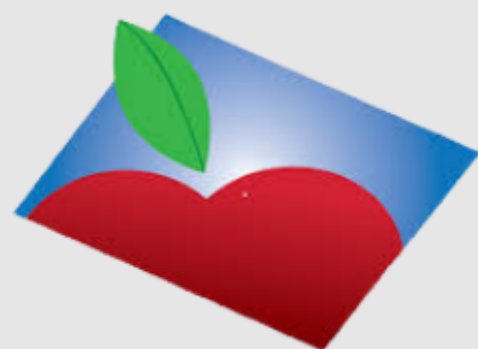
7

REVERSE CRUNCH



Seconds

Scan for
more
workouts



(805) 378-1413

1

JUMP-SQUATS



2

MOUNTAIN CLIMBERS



3

BURPEES



4

JUMPING JACKS



5

PLANK



6

CROSS-BODY JAB PUNCHES



7

REVERSE CRUNCH

