



Brisket & Brawn

Casual Cooking and Occasional Calisthenics

House Workout

* This is the base workout for Brisket & Brawn. Repeat the entire set six times. This should take about 25 minutes +/-.

Jump Rope	60-75 Revolutions
Bodyweight Squats	10 Reps
Pushups	10 Reps
Planks	45-60 Seconds
Tension Band Press	10 Reps
Bicycle	60 Revolutions