



## 15 Minute "RAM TOUGH" Workout

SET NUMBER	ABS	LEGS	UPPER BODY
1	30 crunches	30 squats	20 push ups
2	30 cross crunches	20 lunges	15 chin ups*
3	Planks 30 seconds	15 squat jumps	20 dips on bench
4	30 crunches	30 squats	20 push ups
5	30 cross crunches	20 lunges	15 chin ups*
6	Planks 30 seconds	15 squat jumps	20 dips on bench
7	30 crunches	30 squats	20 push ups

\*\*\*Each workout is 30 seconds long. Rest for 30 seconds after each set. This makes each group 2 minutes long. This is a total of 15 minutes for a workout.