

# GODFIT

THROUGH LOVE SERVE

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## **Body Weight – EE 60**

(Exercises Every 60 seconds)

### *Fifteen-minute clock*

Your goal is to complete the repetitions of each exercise in sixty seconds. Begin these exercises at the beginning of each new minute. The time remaining before the new minute begins is your recovery time. Add or decrease repetitions to add or decrease the intensity of this workout. Your goal is to have around twenty seconds of rest each minute. Pace yourself!

1. Burpees (3)
2. Body squats (6)
3. Russian twists (9)

### **Prayer for “Doors Opened”**

“I pray for new opportunities and opened doors that allow me to practice my faith and use my body to serve. Give me the confidence to walk through those doors to be a witness for you and your kingdom. Amen.”