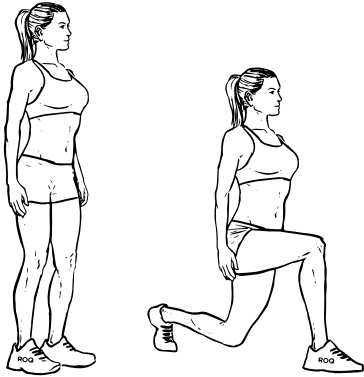


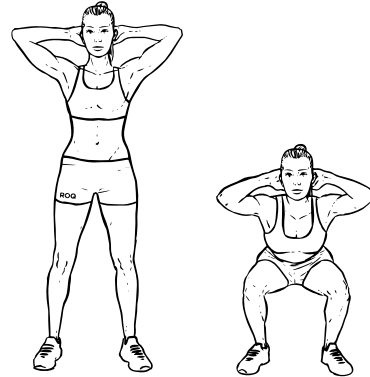
# Shaylasays Sample Interval Workout

## Bodyweight Walking Lunges



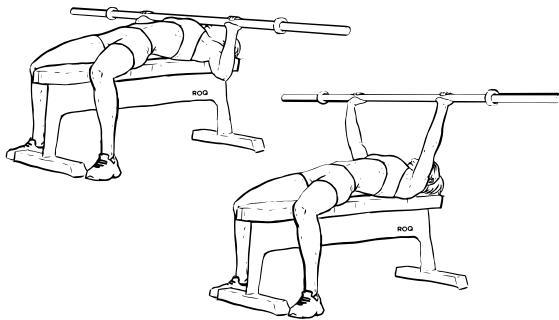
**2 sets 30 seconds**

## Bodyweight Squats



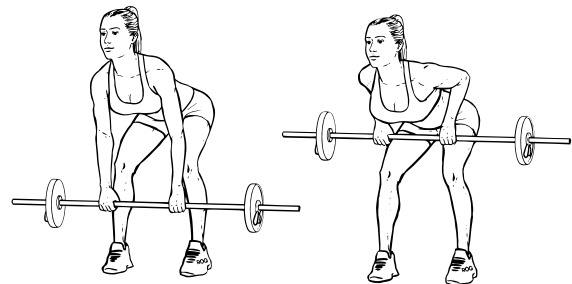
**2 sets 30 seconds**

## Barbell Bench Press / Chest Press



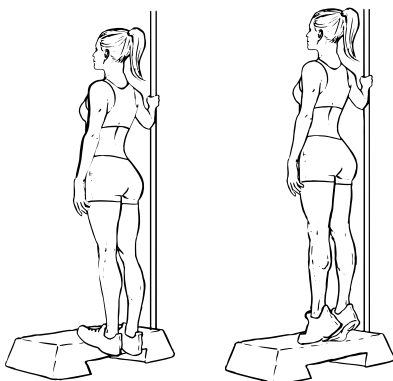
**2 sets 30 seconds**

## Bent Over Barbell Rows



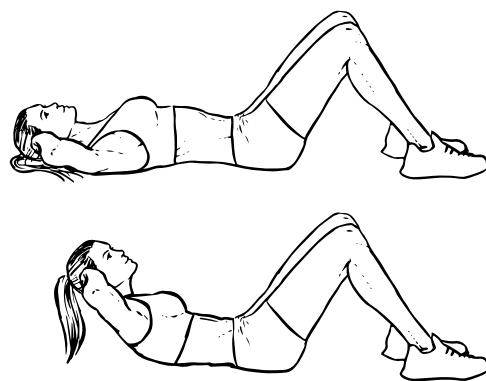
**2 sets 30 seconds**

## Bodyweight Calf Raises



**2 sets 30 seconds**

## Crunches



**2 sets 30 seconds**