

Jamie's 15 Minute High Intensity Home Workout

50 Jumping Jacks

50 Crunches

45 Jumping Jacks

45 Squats

40 Jumping Jacks

40 Crunches

35 Jumping Jacks

35 Alternating Lunges

30 Jumping Jacks

30 Squats

25 Jumping Jacks

25 Push-ups

20 Jumping Jacks

20 Alternating Jump Lunges

15 Jumping Jacks

15 Jump Squats

10 Jumping Jacks

10 Bicycle Crunches

5 Jumping Jacks

5 Burpees

For more from fitness Model and spokesperson Jamie Eason Middleton, visit her facebook page at [facebook.com/OfficialJamieEason](https://www.facebook.com/OfficialJamieEason).

For more from the Live Well Network, visit LiveWellNetwork.com.