

MEN'S JOURNAL

The Best Workouts in America



Tone House Total Body

This active-recovery workout is difficult, yes, but for someone looking for something more challenging, the difficulty is part of the appeal. Tone House wants to unleash your inner athlete, and that means chanting together as a team for motivation and performing burpees in between actual sets as your rest. Yes, burpees as rest. Then the actual exercises are even more explosive with added resistance and weights such as bungee runs and box jumps. This makes for a workout that's more like an elite sports team's practice than a class, and the dynamic conditioning will have you looking and feeling like an athlete.

Try It Yourself:

- 10 box jumps
- 10 burpees

- 15-second sprint
 - 10 burpees
 - 1-minute jumping jacks
 - 10 burpees
 - 20 tuck jumps
 - 10 burpees
 - 10 clap push-ups
 - 10 burpees
- Complete two rounds

Location: New York, NY