

BODYWEIGHT WORKOUT PLAN

ROUND 1

EXERCISE FOR 30 SEC.,
RECOVER FOR 10 SEC.

- March in place
- Jumping jack
- Ice skater
- Squats
- Plank hold
- Leg raises
- Triceps push-up

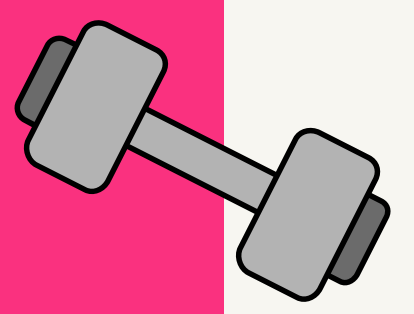
ROUND 2

EXERCISE FOR 50 SEC.,
RECOVER FOR 10 SEC.

- Jumping jack
- High knees
- Wall sit
- Push-up
- Alternating lunges
- Tap ankles
- Plank hold

**TOTAL TIME: 12 MIN.
GREAT WORK!**





TIPS AND NOTES

If an exercise is unfamiliar, please consult a resource (e.g. youtube) in order to perform the exercises correctly and protect yourself from injury!

If you do not have a mat available, consider using a towel/blanket or switching exercises.

- March in place

Easy start

- Jumping jack

Move big!

- Ice skater

Prepares the legs

- Squats

Push knees out

- Plank hold

Straight as a plank. Option:
on the knees

- Leg raises

Keep lower back down

- Triceps push-up

Hands shoulder-width,
elbows in

- Jumping jack

Elevate the heart-rate

- High knees

Build stamina!

- Wall sit

90 degrees

- Push-up

Maintain plank posture

- Alternating lunges

Big step or jump

- Tap ankles

Feel the side abs

- Plank hold

Finish strong



YOU ROCK

STAY HEALTHY & STAY SAFE