



Bodyweight Workout

Warm Up

(5-8 minutes to prepare your body for the workout)

(Perform each exercise for 45 seconds, 3-4 rounds, rest 1 minute between rounds)

Jump Squats

Forward Lunges

Pushups

Plank

Glute Bridge/Hip Thrusts

Jumping Jacks

Butt Kicks

High Knees

Triceps Dips

Burpees

Cool Down & Stretch