



At Home Workout

Body Weight Exercises

Five Minute Warm-Up

Do the following exercises for 60 seconds with 15 seconds rest:

1. Inchworm
2. Step-Up (using stairs or fireplace hearth)
3. Russian Twist
4. Plank
5. Tricep Dips (using stairs or fireplace hearth)
6. Mountain Climbers
7. Plank Alternating Lifting Legs
8. Burpee
9. Wall Sit
10. Jumping Jacks
11. Calf Raises
12. Squat
13. Side Plank – Right
14. Side Plank – Left
15. Superman
16. Hip Raise

For a longer workout repeat.

Five minute cool down and stretch.