

Week One Body Weight Workout

Warm-up

3 sets = 30 seconds on - 10 seconds off

1 minute in between sets

Set 1:

Curtsy lunges

Push-Ups

Mountain Climbers

Set 2 :

Squats

Scapular raises

Oblique roll downs

Set 3:

Forward lunges (alternating legs)

Windmill push-ups

Leg raises

Sit-ups

Cool Down