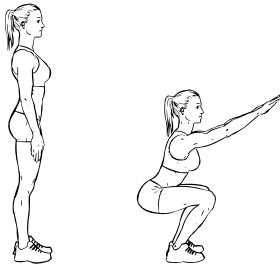


# Bodyweight Squats And Stretches

23 min · Glutes & Hip flexors, Abs, Back, Chest, Legs, Shoulders

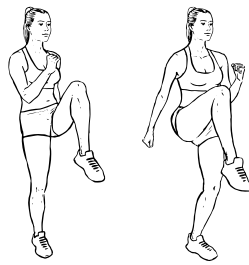
It's always good to warm up; to get the joints moving, the heart rate to rise and the body ready for the effort. The oxygen flow is increased too. Try to time all the exercises to get the maximum out of the workout.

## Air Squats



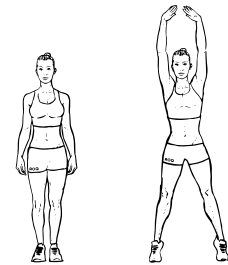
1 sets 10 secs

## High Knees



1 sets 30 secs

## Jumping Jacks



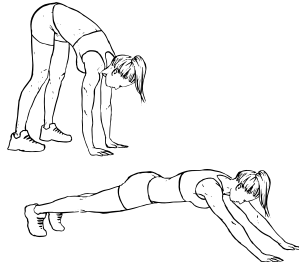
1 sets 30 secs

## Lunge Stretch



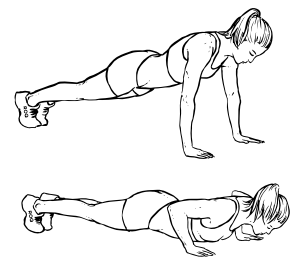
1 sets 30 secs

## Inchworms



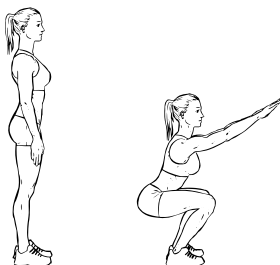
1 sets 6 reps

## Push-ups



3 sets 10 reps

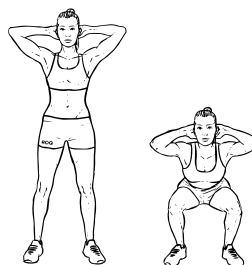
## Air Squats



3 sets 30 reps

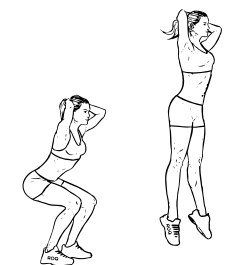
30 is the aim, remember there are no weights being used

## Bodyweight Squats



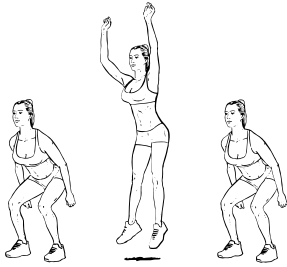
3 sets 30 reps

## Jump Squats



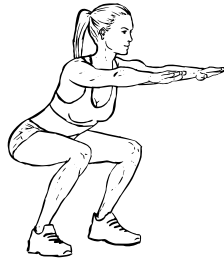
3 sets 30 secs

**Side to Side Jump Squats**



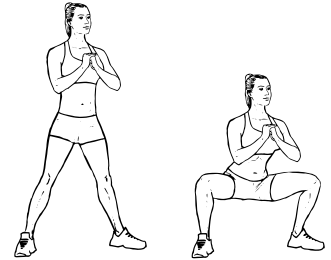
**3 sets 30 secs**

**Static Squat Hold**



**3 sets 30 secs**

**Body Weight Sumo Squats**



**3 sets 30 secs**

**Neck Stretch**



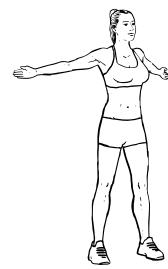
**20 secs**

**Shoulder Stretch**



**20 secs**

**Wide Arm Chest Stretch**



**20 secs**

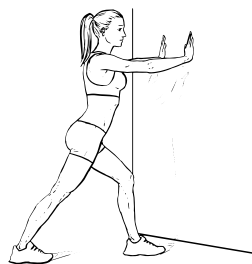
**Standing Quadricep Stretch**



**20 secs**

20 sec each side

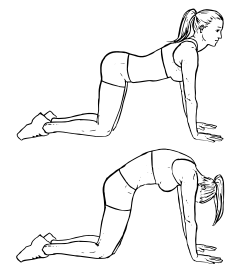
**Straight-Leg Calf Stretch**



**20 secs**

20 sec each side

**Backward Camel Stretch**



**3 sets 10 secs**

3 reps, holding your back arched for 10 seconds on each rep. Remember to tuck in your abs.

### Standing Hamstring Stretch



**20** secs

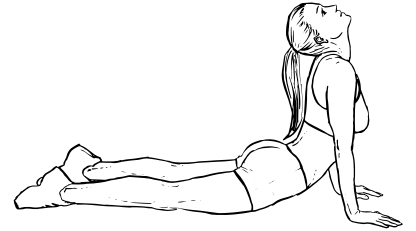
### Knee-to-Chest Lower Back Stretch



**20** secs

20 sec each side

### Cobra Abdominal Stretch



**20** secs