Beginner Body weight Workout

March in place for 1 min

20 Modified Jumping Jacks

Repeat the following 3 X

15 Sit to Stand

20 Plank shoulder taps

20 Frankenstein’s

20 Stationary Reverse Lunges

20 Wide close Wall Pushups

Balance Exercises

Tightrope Walk (Toe to heel) across the room

Hold the toe to Heel Stance 15 seconds then switch front foot