

Bodyweight Workout #1

Tabata Load & Burst

“Tabata” = 20 seconds of work and 10 seconds of rest per exercise. Do A + Rest, then B + Rest. Repeat each grouping four times. (20 minutes total)

A. Plank walkouts

B. Burpees

A. Pushup Hold at bottom

B. Rocking horse pushup w/ shoulder tap

A. Sumo Squats

B. 180 jump squats

A. Wood chop R/Sumo with lat pull down center/Wood chop L

B. Jump lunge w/hops

A. Plank Hold

B. Mountain climbers

Ab Builder (8 minutes)

30 seconds of each exercise, no rest between rounds.

Round One	Round Two	Round Three	Round Four	Round Five
Crunches	Penguins	Reverse crunch	Bicycles	Star crunch
	Crunches	Penguins	Reverse crunch	Bicycles
		Crunches	Penguins	Reverse crunch
			Crunches	Penguins
				Crunches

Bodyweight Workout #2

Leg Daaaay

30 seconds of work and 10 seconds of rest each exercise. Repeat each grouping twice.

1. Shuffle length of mat and touch down at each end
2. Two squat hops to a burpee
3. Plank to bear pose hop outs

1. In/Out Squats
2. Squat Pulses
3. Frog Squat (light hand touches down)

1. Alternating reverse lunges
2. Plie squats to toes
3. Reverse plank

AMRAP (as many rounds as possible)

Set timer for 8 minutes and do one of each, then two of each, then three...

- Windmill plank each side to hop up into sumo squat, three pulses (maybe jumps)
- Two plank up-downs then tap back to each ankle
- Two hip dips left, two glute bridge pulses, two hip dips right

Finish with 10 pushups and a one minute plank!