

At Home

BODYWEIGHT WORKOUT

No equipment? No problem!

We've got you covered with our energizing at home bodyweight workout! Who says you need fancy equipment to get your heart pumping or feel some muscle burn?

In this 3 round circuit, you'll perform 1 set of each exercise with a 30 second HITT move in between. Are you ready??!

30 second HITT move - Side Shuffle Squat:

Set a timer for 30 seconds. Standing with feet a little wider than hip distance apart, with a slight bend in your knees. Take a few quick steps to your right, then squat down, touching your right hand to the floor. Return to an upright position and repeat, this time moving left.



Modified Push Up

12 reps



Split Lunge

12 reps

TIP:
Start with a quick warm up for 1 - 2 min



Wall Squat

Hold for 30 seconds



Triceps Dip

12 reps

TIP:
Increase the time on the Wall Squat and Plank in the 2nd and 3rd round



Crunches

30 reps



Elbow Plank

Hold for 30 seconds

TIP:
Don't forget to stretch and cool down