

# Body Weight Workout

**WARM UP**—Do NOT skip a warm up! Repeat 2 times.

\*Forward Lunges x 12

\*Push Ups x 10

\*Plank x 20 second hold

|                       |               |  |  |  |  |
|-----------------------|---------------|--|--|--|--|
| 1 Prisoner Squats     | 3x 20         |  |  |  |  |
| 2 Close Grip Push Up  | 3x 15         |  |  |  |  |
| 3 Split Squat         | 3x20 (total)  |  |  |  |  |
| 4 Renegade Row        | 3x 20 (total) |  |  |  |  |
| 5 Crab Kicks          | 3x 20 (total) |  |  |  |  |
| <b>Cardio and Abs</b> |               |  |  |  |  |
| 1 Plank               | 2x 30 seconds |  |  |  |  |
| 2 High Knees          | 2x 20 (total) |  |  |  |  |
| 3 Reverse Crunch      | 2x 15         |  |  |  |  |
| 4 Jumping Jacks       | 2x 30         |  |  |  |  |
| 5 Flutter Kicks       | 2x 20 (total) |  |  |  |  |

[Click here for video demonstration of the exercises.](#)