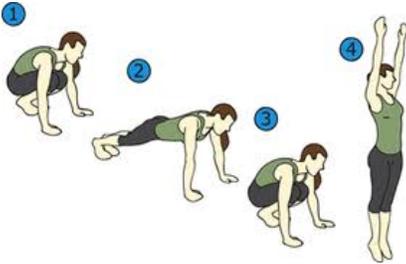




Advanced Bodyweight Workout

Repeat the sequence below 5 times. Complete each exercise for 30 seconds, and briefly rest for 10 seconds between exercises.

Burpees- One of the most effective full-body exercises around! Start out in a low squat position with hands on the floor. Next, kick the feet back to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible and land in the squat position. Repeat the sequence in a continuous motion.



High Knees (or run in place): Either jog in place for 30 seconds or continuously lift the knees to hip level. Place your hands out, palms side down, at about hip level to use as a target for your knees.

Diamond Push-Up: Set-up in a standard push-up but move your hands into a diamond-shaped position (situate them so the thumbs and index fingers touch). This change in position will place extra emphasis on the back of the arms (triceps.) Move your body to the floor as you would with a normal push-up.

Lunge Jump: Stand with feet together and lunge forward with the right foot. Jump straight up, propelling the arms forward while keeping the elbows bent. While in the air, switch legs and land in a lunge with the opposite leg forward. Repeat and continue switching legs.

Russian Twist: Sit on the floor with knees bent and feet together, lifted a few inches off the floor. With the back at a 45-degree angle from the ground, move the arms from one side to another in a twisting motion. Keep your pace slow to increase the intensity.

Spider Pushups- Start in a regular pushup position. As you lower your body to the ground, bend your right knee and try to bring your knee to your right elbow, push back up and straighten your leg out and repeat alternating sides each time.

