



Beginner Bodyweight Workout

Depending on your fitness level, repeat the sequence below 1 - 5 times. Briefly rest between sets.

Squats –10 repetitions (reps). Stand with your feet shoulder width apart or a bit wider if you prefer, pushing your hips back, keeping your back straight and limiting forward movement of the toes past your knee. Push back up keeping most of the weight in your heels.

Push-ups (or knee-push-ups) – 5-8 repetitions. Lie face down on the floor or a mat, line your wrists up with your shoulders and push up off the ground until your arms are fully extended. Reverse the exercise coming down to the ground with enough space for an apple or a baseball fitting underneath your chest.

Plank – Hold for 15 seconds. Lie down flat on your stomach, take your elbows and line them up underneath your shoulders and hold with a flat back.



Jumping Jacks – 15 repetitions. Stand with your feet together and hands down at your sides, jump both feet out to the side while your arms stay straight and come up above your head. Always land with soft knees, don't lock your knees.

Bodyweight Lunges – 10 repetitions per leg. Step forward with one leg. Lower the body toward the floor by bending both knees as far as you can, keeping your front knee behind your toes. Push back up keeping your front heel down and straightening your leg. Repeat on the other leg.



Lying Leg Raises (double or single leg) – 10 repetitions. Lie flat on your back and take your hands and place them under the small of your back, lift your legs up keeping them straight and point your toes and come to a 90 degree angle and lower back down slowly. Modify this position by bending your knees – especially if you feel back discomfort.