

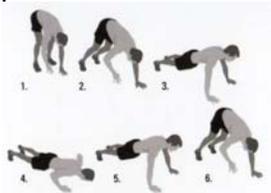


## Intermediate Bodyweight Workout

Depending on your fitness level, repeat the sequence below 3 – 4 times. Complete each exercise for 30 seconds and briefly rest for 10 seconds or so between sets.

**Mountain Climber**-Start in a pushup position, bring your left leg forward toward your chest. As you bring your left leg back toward the starting position, bring your right leg forward and repeat the process at an up-tempo pace.

**Inch worm push-ups**- Start in the standing position. Keeping the legs straight (but not locked), slowly bend forward and let your fingertips touch the floor, and then walk your hands forward until you are in a plank position. Complete a pushup, and then start taking tiny steps forward until feet meet the hands. Repeat the process.



**Side Plank**- Lie on one side and lift your hips off the ground. Keep your feet are on the ground in either a stacked (one foot touching the floor) or split position (both feet touching the floor). Try to keep your hips from sagging toward the floor. A less intense variation of the side plank is to keep your knees bent instead of straight.

**Wall sit**: While leaning against a wall, slowly slide your back down until the thighs are parallel to the ground. Make sure your knees are directly above the ankles and keep your back straight. Sit in this position for 60 seconds per set (or however long it takes your legs to fatigue!)

**Alternating abdominal crunch (“the bicycle”)** - Lay on your back, lift your legs up and bend your knees at a 90 degree angle. Alternate extending your legs in a bicycle motion and try to bring your elbow to your opposite knee.

**Walking lunges**- Start in the standing position. Take one step forward with your left leg, bend it to a 90 degree angle and going straight down, keep your knee behind your toes. Keep your back leg bent and after you have completed your lunge take your right leg and move it forward in a walking motion, repeat until the 30 seconds are up. Weights are optional.

