

BODY WEIGHT WORKOUT



KNEE SQUATS - MOBILITY 01

Low squat, Sit on Heels. Lean forward until Knees on ground. Reach one foot back. Lift knee off ground. Half squat. Bring back foot into squat. Reach other foot back. repeat.

SQUAT TWISTS & UNDER - MOBILITY 02

Yogi Squat and then right hand on ground behind (facing up). Right foot under to Yogi Squat (facing horizontal). Left hand down and left leg under (face up). rewind and other side.

DOWN DOG KICK OVERS - MOBILITY 03

Down dog. slide down to forearms on ground. reach left leg up & over as close to body as possible. rotate over upright into lunge. rewind. repeat other side.

TRIPOD PUSH UP & DOWNS - MOBILITY 04

Wide stance. Right hand on ground. (babystep) right forearm on ground/(hard) hand only on ground. bring right hip to touch ground. extend right hand to push back up. both hands on ground. repeat other side.

DOWN DOG SLIDING DOORS - MOBILITY 05

Down dog. Slide into chaturanga elbows. Reach left hand and foot to the side, then slide to left, bring right hand and foot to chaturanga elbows.

SIDE CROW FLOATS - MOBILITY 06

Start in low squat. reach both hands to right outside frame. shift & hop legs into Crow, try to float. reach legs back to start. reach both hands to left outside frame. shift & hop legs into Crow, try to float. reach legs back to start.

FOREARM TWISTS - 07

plank with forearms on ground. lift right foot/leg up & over to the ground. backbend shape, face up. bring right forearm behind head/neck on ground. keep rotating until back to forearm planks. lift left foot/leg over to the ground. backbend shape face up. bring left forearm behind head/neck on ground. keep rotating until back to forearm planks.

PUSH UP POPS

Push Up quick so you pop up off the ground. Add pops.

DOWN DOG SLIDERS & COBRA - 08

Down dog. Sit back on heels. Down dog. Slide to wrists and up to Cobra.

PLANK CROSS TOUCH SHOULDER, KNEES, ANKLES - 09

Plank. Cross Touch alternating shoulder, knee, ankle.

PLANK SIDE SLIDES - 10

Plank. Slide over left wrist and lower, slide over to right. Push up to plank.

PLANK HOPSCOTCH - 11

Plank. Ankles together. Hop both feet to left. Hop center. Hop right. Hop center. Hop cross feet. Hop wide.

PLANK KNEE TWISTS - 12

Plank. Twist left knee under and twist to the right side. Try to touch right elbow to left knee. Back to plank. Repeat. Back to plank. Repeat right knee, twist, touch.

PLANK KICK UNDERS - 13

Plank. Bring left foot as close to left hand as possible. Raise left hand and kick right leg under and touch heel on ground in front. Back to plank. repeat other side..

WIDE PLANK PUSH UPS - 14

Plank. Lower to elbows. Extend right hand out to side. Do push up towards extended hand. back to plank. Other side.

PLANK, HEELS, KNEE POPS - 15

Plank. Lower to sit on heels. Bring right knee to chest as back plank. Repeat other side.



BODY WEIGHT WORKOUT



PLANK WIDE SIDE PUSH UPS

Plank wider-than-normal hands. shift one hand out to side. do a sideways push up towards outstretched hand. slide back to center. repeat other side. few times.

PLANK LIZARD POPS

Plank. bring left foot as close to outside of left hand as possible. back to plank. bring right foot as close to outside of right hand as possible. then both feet.

PLANK MOUNTAIN CLIMBERS

Plank. shift weight until on heels/frog knees. lean forward and bring left knee to chest. back to plank. shift weight until on heels/frog knees. lean forward and bring right knee to chest.

PLANK "V" FLOATS

Plank. Pop fast enough to bring hips up into "V" shape and try to float/hold. hard planche. repeat few times.

PLANK MTN CLIMBS & MULE KICKS

Plank. Tuck/bring one knee to chest four times end with mule kick foot high. repeat other knee.

PLANK V TAPS

Plank. walk hands towards feet and tap ankles and lift hips up in "V" shape / forward fold. walk hands back to plank. repeat few times.

PLANK POPS & TOUCH SHOULDERS

plank. pop feet out and in. and at same time, touch hand to shoulder every time feet pop out.

SPIDER CRAWLS

Start on all fours facing down. Lift Left arm up into side-plank-tripod. Send right foot under left armpit, heel down/toes up into tripod facing up. put left hand down to all fours facing up. raise right arm up into tripod facing up. send left foot under right knee, toe down into side-plank-tripod facing down. right hand back on ground. all fours facing down.

PLANK TWIST & KNEE TAPS

Start in plank, but arms folded across parallel to shoulder line. Lift left arm up, twist into side plank and bring left knee to chest and tap knee with left forearm. go back to plank. Lift right arm up, twist into side plank and bring right knee to chest and tap knee with right forearm. Repeat.

PUSH UP KNEE POPS

push up fast enough to bring right foot under core and catch right knee. back to plank. push up fast enough to bring left foot under core and catch left knee.

FROGS & LIZARDS

Start in plank. Shift back, bend knees to sit on ankles with knees out in a "frog" position. Straight arms and open ampits. Then hop both feet forward halfway to hands. Touch Knees to ground. Then hop feet forward to outside of hands like Lizard placement. Sit on ankles (Frog). Then hop feet back to halfway, touch knees. Hop back to Plank. repeat.

CRAB TWISTS

Start in low squat hand behind on ground. Keep left hand on ground. Lift right hand up. Bring left leg under and extend heel on ground. Right hand on ground. left hand up. right leg under, heel on ground. Rewind. repeat other side.