

Body Weight Workout

EQUIPMENT NEEDED: 10 SQUARE FEET OF FLOOR SPACE, YOU

INSTRUCTIONS: COMPLETE 2 TO 3 SETS OF 8 TO 12 REPS OF EACH EXERCISE, RESTING 30 TO 60 SECONDS IN BETWEEN

MOVE 1: SIDE PLANK WITH ABDUCTION

LIE ON YOUR LEFT SIDE WITH YOUR ELBOW DIRECTLY BENEATH YOUR SHOULDER AND LEGS STACKED. BRACE YOUR ABS AND LIFT YOUR HIPS OFF THE FLOOR UNTIL YOU'RE BALANCING ON YOUR FOREARM AND FEET AND YOUR BODY FORMS A DIAGONAL LINE **(A)**. LIFT YOUR RIGHT LEG AT LEAST 6 INCHES **(B)**. LOWER AND REPEAT. COMPLETE ALL REPS, THEN REPEAT ON YOUR RIGHT SIDE. THAT'S 1 SET.



MOVE 2: WRAP AROUND ANKLE TOUCH

STAND WITH YOUR LEGS TOGETHER AND BEND YOUR RIGHT KNEE 90 DEGREES SO YOU'RE BALANCING ON YOUR LEFT LEG **(A)**. AS YOU SQUAT, REACH YOUR RIGHT ARM ACROSS YOUR BODY AND TRY TO TOUCH THE OUTSIDE OF YOUR LEFT FOOT WITH YOUR FINGERTIPS **(B)**. KEEP YOUR BACK AS STRAIGHT AS POSSIBLE WHILE REACHING. PRESS BACK UP TO START. COMPLETE ALL REPS, THEN REPEAT ON YOUR RIGHT LEG. THAT'S 1 SET.



MOVE 3: DOUBLE STOP PUSH UP

ASSUME A PUSHUP POSITION WITH YOUR HANDS SLIGHTLY WIDER THAN YOUR SHOULDERS AND YOUR BACK STRAIGHT **(A)**. KEEPING YOUR NECK IN LINE WITH YOUR SPINE, LOWER YOURSELF HALFWAY AND HOLD FOR 1 SECOND **(B)**. CONTINUE LOWERING UNTIL YOUR CHEST IS ONLY A COUPLE OF INCHES FROM THE FLOOR **(C)**. PAUSE, THEN PUSH BACK UP TO THE HALFWAY POINT AND PAUSE AGAIN BEFORE FINALLY PRESSING BACK UP TO START. TOO HARD? DO THE MOVE WITH YOUR KNEES ON THE FLOOR



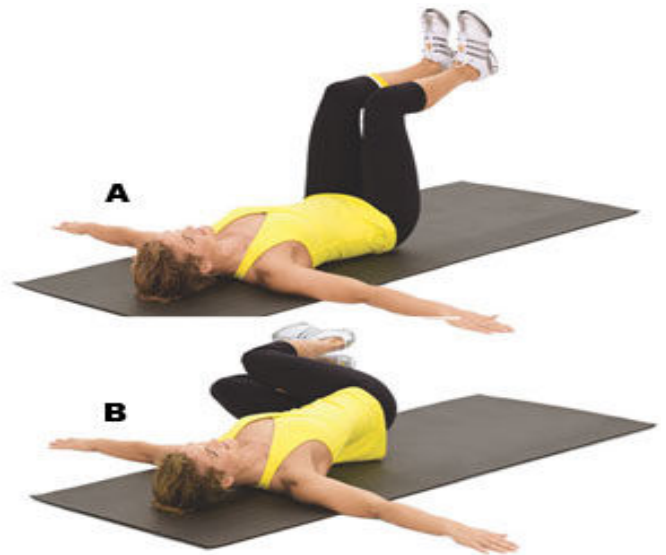
MOVE 4: PLANK SWIMMER



ASSUME A PUSHUP POSITION WITH YOUR HANDS SLIGHTLY WIDER THAN YOUR SHOULDERS AND YOUR BACK STRAIGHT **(A)**. BRACE YOUR ABS AS YOU EXTEND YOUR RIGHT ARM AND LEFT LEG **(B)**. LOWER THEM BOTH--BUT NOT YOUR TORSO--AND REPEAT, LIFTING YOUR LEFT ARM AND RIGHT LEG. CONTINUE ALTERNATING UNTIL YOU'VE COMPLETED 8 TO 12 REPS ON EACH SIDE. THAT'S 1 SET.

MOVE 5: WINDSHIELD WIPER

BEND YOUR KNEES AND LIFT YOUR LEGS UNTIL YOUR THIGHS ARE ABOVE YOUR HIPS **(A)**. PRESS YOUR PALMS INTO THE FLOOR AND LOWER YOUR LEGS TO THE LEFT. GO AS FAR AS POSSIBLE WHILE KEEPING YOUR RIGHT SHOULDER GLUED TO THE FLOOR **(B)**, THEN BRING YOUR LEGS BACK TO CENTER. NEXT, LOWER THEM TO THE RIGHT. ALTERNATE UNTIL YOU'VE COMPLETED 8 TO 12 REPS ON EACH SIDE.



MOVE 6: SUPINE ROW

LIE ON YOUR BACK WITH YOUR KNEES BENT, FEET FLAT ON THE FLOOR, AND ARMS AT YOUR SIDES WITH ELBOWS BENT 90 DEGREES **(A)**. PINCH YOUR SHOULDER BLADES TOGETHER AS YOU DIG YOUR ELBOWS INTO THE MAT AND LIFT YOUR HEAD AND TORSO A FEW INCHES OFF THE FLOOR **(B)**. LOWER AND REPEAT.

Don't forget
to stretch!