

DO-ANYWHERE BODYWEIGHT WORKOUT

Warm up with five minutes of light cardio, then repeat each three-exercise circuit three times. Cool down with five minutes of stretching.

CIRCUIT 1



**SQUAT WITH
SIDE LEG LIFT**

20 reps, alt. sides



**DOWN DOG
ABS**

10 reps, each side



**ELBOW PLANK
WITH TWIST**

10 reps, each side

CIRCUIT 2



**BEACH BABE
PUSH-UP**

5 reps, each side



**TWISTED
MOUNTAIN**

20 reps, alt. sides



**BULGARIAN
SPLIT SQUAT**

15 reps, each side

CIRCUIT 3



**SUPERWOMAN
PUSH-UP**

10 reps



**BUTTERFLY
CRUNCH**

15 reps



**MARCHING
BRIDGE**

20 reps, alt. sides