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