

 **Full Body – Bodyweight Workout**

* Stretch: Hamstrings, Glutes, Biceps, Triceps, Quads
* Warm – up 1-min Jumping Jacks, 1-min High Knees

STRENGTH TRAINING:

* Squats – 12 repetitions (reps) x3 (repeat 3 times)
	+ Toes pointing straight ahead, shoulder width apart, keep your back straight as you go into the squat. You can put your arms straight out from your body for balance. As you go into the squat, stop about 90 degrees.
* Push-Ups – 12 reps x3
	+ Start on your knees with hands placed a little wider than shoulder width apart. Lower your upper body until your upper arm is at least parallel to the floor and elbows bent at 90 degrees before pushing back up to the starting position. If you need to lower your knees to modify, do so. Keep your back and glutes in a straight line, do not dip your hips.
* Glute Bridge – 12 reps x 3
	+ Start lying on your back. Bring your feet in so your knees are Lie on your back and set your knees about shoulder-width apart, with your feet flat to the ground and your knees bent. Make sure your toes are pointed straight forward and that your heels are 6–8 inches from your glutes. Lay your arms flat on either side of you with your palms open toward the ceiling. Slowly raise your hips, engage your glutes, and squeeze your abs. Be careful not to arch your back as you lift your hips as high as possible. Once you reach the top of the glute bridge, squeeze your glutes as tightly as possible and hold for a few seconds. Lower your hips back down to the ground in a controlled motion without releasing the tension in your abs and glutes.
* Low Plank – 30 second hold x 3
	+ Start on your stomach with your feet together and forearms on the floor. Place your elbows directly under your shoulders and your wrists in line with them. Keep your head, shoulders, hips, knees, and ankles aligned. Tighten your core and glutes to create full-body tension. Pull your belly button into your spine. Contract your low back, lats, and rhomboids. Keep your back in a neutral, straight line, and don't let your pelvis dip or your butt rise. Keep your neck in a neutral position by looking down or about a foot in front of you. Remember to breathe!
* Triceps Dips 12-15 reps x3
	+ Sit on the ground, with your knees bent and feet flat on the floor. Place your hands behind you on the floor, just outside your hips. Your fingers should face forward. Lift your hips off the ground a few inches. Lower your body down to the ground by bending your elbows. Do sit down completely and let your muscles relax, keep tension in your triceps through all repetitions.