

Body Weight Workout



Tone your body



from 1 to 2 per week



from 3/2/2018 to 4/13/2018



Fred Burnett

Workout 1

6 exercises 15 minutes 191 MOVES 90 kcal

1 - Circuit - Body Weight Circuit

12 exercises 1 Rounds 60 sec Round rest time

1 - Free Exercise - Glute bridge



R1 10 reps x 1 sec

2 - Free Exercise - Crunch - arms forward



R1 10 reps x 1 sec

3 - Free Exercise - Russian twist



R1 10 reps x 1 sec

4 - Omnia - Plank



R1 30 sec x 1 sec

5 - Free Exercise - Superman



R1 10 reps x 1 sec

6 - Free Exercise - Push-up



R1 10 reps x 1 sec

7 - Free Exercise - Mountain climber



R1 10 reps x 1 sec

8 - Free Exercise - Y - Squat



R1 10 reps x 1 sec

9 - Free Exercise - Squat with rotation



R1 10 reps x 1 sec

10 - Free Exercise - Reverse lunge with rotation



R1 10 reps x 1 sec

11 - Free Exercise - Lateral lunge with reach



R1 10 reps x 1 sec

12 - Free Exercise - Single Leg Hip Hinge



R1 10 reps x 1 sec

2 - Stretching - Glutes - crossover



Sets: 1
Duration: 30 sec
Rest time: 1 sec

3 - Stretching - Hip flexors - half kneeling



Sets: 1
Duration: 30 sec
Rest time: 1 sec

4 - Stretching - Calves - push-up position



Sets: 1
Duration: 30 sec
Rest time: 1 sec

5 - Stretching - Hamstrings - standing



Sets: 1
Duration: 30 sec
Rest time: 1 sec

6 - Stretching - Hip adductors - standing



Sets: 1
Duration: 30 sec
Rest time: 1 sec