

60 min Bodyweight Workout

4-part full body workout with NO equipment. Take a 1:30 break in between each part! Feel free to modify whenever needed, but challenge yourself as well!

PLAYLIST FOR ALL VIDEOS FEATURED IN THIS WORKOUT

Warm Up: 7-minute AMRAP (as many rounds as possible) of 5 exercises

- 20 butt kickers
- 10 squats
- 10 inchworms
- 20 jumping jacks
- 10 Alt. lateral lunges

Part 1: 40/20 4 rounds

Sumo Squat

Pushup + 3 plank jacks

Scissor Kicks

Alternating glute kickbacks (standing)

Part 2: 3 rounds/3 exercises

30 reverse lunges (15 each side)

15 burpees

10 supermans

Part 3: CHIPPER (x2)

60 jump ropes

50 side skaters

40 mountain climbers

30 glute bridges

20 tricep dips

[10 squat jacks](#)

Part 4: 6 rounds of tabata (20/10)

[bicycle crunches](#)

[leg raises](#)

[Cool down / stretch: 8 moves, 30 sec. each](#)

-cat/cow

-runners lunge R/L (15 sec ech.)

-roll shoulders forward/back

-spinal twists

-tricep stretch R/L (15 sec ech.)

-shoulder stretch R/L (15 sec ech.)

-quad stretch R/L (15 sec ech.)

-hamstring stretch R/L (15 sec ech.)