

Workout #1

Super Set #1	Sets	Reps	Intensity	Description
Burpees	3	10	Bodyweight	<ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart, squat and place your hands in front of your feet Jump back until your legs are fully extended and your body is in a plank position Do a push-up, jump forward, and then push through the heels to return to the starting position
Push-up	3	10	Bodyweight	<ol style="list-style-type: none"> Start with your legs extended back, place hands below your shoulders, slightly wider than shoulder-width apart Start bending your elbows and lower your chest to the ground Push back up to the starting position
Leg Lifts	3	20	Bodyweight	<ol style="list-style-type: none"> Lie on your back with your hands by your sides or under your glutes. Keep your legs straight or just slightly bent Raise your legs until your body is in an "L" shape Hold for a second, then lower both legs slowly and return to the starting position
Super Set #2	Sets	Reps	Intensity	Description
Squat Jacks	3	10	Bodyweight	<ol style="list-style-type: none"> Stand straight with your feet together, and hands by your sides Jump up, spread your feet, and bend your knees pressing your hips back Push through your heels to jump back up and return to the starting position
Single-leg Triceps Dips	3	10	Bodyweight	<ol style="list-style-type: none"> Sit on the floor with your knees bent, feet together, and place your hands behind you with your fingers facing forward Lift your hips off the mat, raise your right leg and start bending you elbows Lower your body until your glutes are almost touching the floor and then lift your hips back up by extending your arms Switch legs and repeat
Dead Bugs	3	10 each side	Bodyweight	<ol style="list-style-type: none"> Lie on your back and extend your arms and leg toward the ceiling Lower your right leg and extend your left arm behind your head Return to the starting position and repeat with the opposite arm and leg Keep switching sides
Super Set #3	Sets	Reps	Intensity	Description
Squat Thrust	3	8	Bodyweight	<ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart, squat and place your hands in front of your feet Jump back and get into a push-up position Jump again, bringing your legs towards your palms, and stand up
Pike Push-up	3	10	Bodyweight	<ol style="list-style-type: none"> Get down on your hands and feet, with your hands shoulder-width apart, your legs straight, and your hips up Bend your elbows, until your arms form a 90-degree angle, and bring your head close to the floor Straighten your elbows, pushing your body away from the mat, and return to the start position
Knee Hugs	3	12	Bodyweight	<ol style="list-style-type: none"> Sit down on the floor with your knees bent, your hands hugging your knees, and left your feet off the floor Open your arms, extend your legs to a 45-degree angle, and lean back Lift your torso, bend your knees, and return to the starting position

Workout #2

Super Set #1	Sets	Reps	Intensity	Description
Single-leg Hip Bridges	3	10 each leg	Bodyweight	<ol style="list-style-type: none"> Lie on your back with your arms by your sides, knees bent, and feet flat on the floor Raise one leg and lift your hips as high as you can Lower hips, repeat, and switch legs
Ankle Tap Push-ups	3	4 each side	Bodyweight	<ol style="list-style-type: none"> Start in a push-up position Start bending your elbow and lower your chest until it's just above the floor As you push back to the starting position, lift your hips, and touch your left ankle with your right hand Return to push-up position and repeat on the other side
V-Ups	3	10 each side	Bodyweight	<ol style="list-style-type: none"> Lie on your back with your legs fully extended and your arms extended over your head Raise both legs and your torso at the same time and reach for your feet
Super Set #2	Sets	Reps	Intensity	Description
Squat	3	10	Bodyweight	<ol style="list-style-type: none"> Stand with your feet shoulder-width apart Bend your knees, press your hips back and stop the movement until thighs are parallel to the ground Press your heels into the floor and return to starting position
Bear Walk	3	10	Bodyweight	<ol style="list-style-type: none"> Get on your hands and feet with your knees slightly bent and have your back flat Walk your right hand and left foot forward Walk your left hand and right foot forward Keep walking and alternating sides
Up-Down Plank	3	10	Bodyweight	<ol style="list-style-type: none"> Start in a plank position Bend your left arm and place your left elbow on the floor and then bend your right arm and place your right elbow on the floor Place your left hand on the floor, straighten your left arm and then place your right hand on the mat and straighten your right arm Switch sides and repeat this movement
Super Set #3	Sets	Reps	Intensity	Description
Sumo Squat	3	10	Bodyweight	<ol style="list-style-type: none"> Stand with your feet in a wide stance with your toes pointing out to the sides Lower yourself by bending your knees and pressing your hips back Once your thighs are parallel to the floor, come back up and repeat
Crab Kicks	3	10	Bodyweight	<ol style="list-style-type: none"> Sit on the floor with your knees bent, feet together, and place your hands behind you with your fingers facing backwards Lift your hips up and kick your right leg up. Switch legs and repeat
Bicycle Crunches	3	10	Bodyweight	<ol style="list-style-type: none"> Lie on your back, lift your shoulders off the floor and raise both legs Bring one knee and the opposite elbow close to each other by crunching to one side and fully extending the other leg Return to the starting position and then crunch to the opposite side

Workout #3

Super Set #1	Sets	Reps	Intensity	Description
Burpees	3	8 each side	Bodyweight	<ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart, squat and place your hands in front of your feet Jump back until your legs are fully extended and your body is in a plank position Do a push-up, jump forward, and then push through the heels to return to the starting position
Split Jumps	3	8 each side	Bodyweight	<ol style="list-style-type: none"> Stand in a staggered stance with your feet 2-3 feet apart with one foot in front of the other Keep your torso upright, bend your legs, and lower your body into a lunge. Now jump with enough force to propel both feet off the floor While you're in the air, scissor-kick your legs so you land with your opposite leg forward Land in a lung and repeat, alternating your forward leg with each rep
Lateral Plank Walks	3	4 each side	Bodyweight	<ol style="list-style-type: none"> Start in a Plank position with straight arms Then step your left hand out to the side at the same time as stepping your left foot out the same distance Then follow by stepping your right hand and foot across to meet your left Move sideways to the left for 4 steps and then move back to your right
Super Set #2	Sets	Reps	Intensity	Description
Curtsy Lunges	3	8 each leg	Bodyweight	<ol style="list-style-type: none"> Stand with your feet hip-width apart, and your hands on your hips Step your left foot behind and outside your right foot, lowering your hips until your right thigh is parallel with the floor. Your left knee should hover an inch or two above the floor Reverse the movement to return the starting position then continue reps by switching sides and repeat
Shoulder Taps	3	8 each arm	Bodyweight	<ol style="list-style-type: none"> Start in a Plank position with your wrist under your shoulders and your feet hip-width apart Touch your left shoulder with your right hand and return to plank position Touch your right shoulder with your left hand and continue alternating sides
Bent Leg Jackknife	3	10	Bodyweight	<ol style="list-style-type: none"> Lie on your back with your legs straight and your arms extended back Raise your torso and bend your knees simultaneously and then hug your knees with both hands
Super Set #3	Sets	Reps	Intensity	Description
Wall Sit	3	1	45 seconds	<ol style="list-style-type: none"> Stand with your back to a wall, feet hip-width apart and slightly in front of you Lean back into the wall and slide down like you're sitting in a chair. Your Knees should be bent at 90 degrees with your knees above your ankles
One Arm Tricep Push-up	3	4 each arm	Bodyweight	<ol style="list-style-type: none"> Lie on your right side with your feet, hips, and shoulders stacked. Place your left hand on the floor in front of your right shoulder and hug your waist with your right arm Straighten your left arm and push your torso up Bend your arm and lower your torso back to the floor Repeat and switch sides
Cross Crunches	3	15 each side	Bodyweight	<ol style="list-style-type: none"> Lie flat on your back with your knees bent Cross your right leg on top of your left knee, and support your head with your left hand Crunch and bring your left elbow across your body and toward your right knee Repeat and switch sides