

Bodyweight Workout 1



Prisoner squat

2-3 Sets of 10-20 reps



Hip bridge

2-3 Sets of 10-20 reps



Side lift

2-3 Sets of 10-20 reps



Traditional crunch

2-3 Sets of 10-20 reps



Pushup

2-3 Sets of 10-20 reps



Reverse crunch

2-3 Sets of 10-20 reps