

Bodyweight Workout 2



Prisoner squat

2-3 Sets, 10-20 reps

25-Jul-2017



Side lift

2-3 Sets, 10-20 reps

25-Jul-2017



Modified Hover High Low

2-3 Sets, 10-20 reps

25-Jul-2017



Alternate back lunge

2-3 Sets, 10-20 reps

25-Jul-2017



Prone cobra

2-3 Sets, hold for 10-30 seconds

25-Jul-2017



Toe touch

2-3 Sets, 10-20 reps