

Bodyweight Workout 4



Lunge multiplanar

2-3 sets, 10-20 reps



Crab crawl

2-3 sets, 10-20 reps



Squat jump

2-3 sets, 10-20 reps



Negative crunch

2-3 sets, 10-20 reps



Spider crawl

2-3 sets, 10-20 reps



Pull up underbar

2-3 sets, 10-20 reps



Seated twist

2-3 sets, 10-20 reps



Side lift

2-3 sets, 10-20 reps each side



Squat touchdown 1 leg

2-3 sets, 10-20 reps each side