

# Bodyweight workout 3



## Walking lunge

2-3 sets, 10-20 reps



## Pushup position rotations

2-3 sets, 10-20 reps



## Toe touch twist crunch

2-3 sets, 10-20 reps



## Pull up underbar

2-3 sets, 10-20 reps



## Lunging step up

2-3 sets, 10-20 reps



## Bench dip

2-3 sets, 10-20 reps



## Side lift

2-3 sets, 10-20 reps each side



## Single hip bridge

2-3 sets, 10-20 reps each side