

Bodyweight workout 5



Lateral lunge and reach

2-3 sets, 10-20 repetitions



Spider crawl

2-3 sets, 10-20 repetitions



Toe touch

2-3 sets, 10-20 repetitions



Hover w leg abduction

2-3 sets, 10-20 repetitions



Side lift

2-3 sets, 10-20 repetitions



Ski squat

2-3 sets, 10-20 repetitions



Plank

2-3 sets, 10-20 repetitions



Reverse hover

2-3 sets, 10-20 repetitions