

Bodyweight workout 6



Squat jump

2-3 sets, 10-20 reps



Superman

2-3 sets, 10-20 reps



Lying alternate leg lift

2-3 sets, 10-20 reps



Speed skater

2-3 sets, 10-20 reps



Mountain climbers - lateral/frontal

2-3 sets, 10-20 reps



Toe touch

2-3 sets, 10-20 reps



Single-leg squat

2-3 sets, 10-20 reps