

NO-EXCUSES BODY-WEIGHT BLAST!

After warming up with five minutes of light cardio, repeat each three-exercise circuit three times.

CIRCUIT 1



**REVERSE LUNGE
AND KICK**
15 REPS EACH SIDE

**SINGLE-LEG
FORWARD REACH**
15 REPS EACH SIDE

**SQUAT
AND REACH**
15 REPS

CIRCUIT 2



LATERAL PLANK WALK
15 REPS
EACH DIRECTION

**PUSH-UP
AND ROTATE**
15 REPS

**REVERSE
PLANK BRIDGE**
15 REPS

CIRCUIT 3



**SCARECROW WITH
BACK LUNGE**
HOLD LUNGE FOR
15 REPS EACH SIDE

**SINGLE-LEG
BALANCE TOUCH**
15 REPS EACH SIDE

**PLANK WITH
CREEPY CRAWLER**
15 REPS,
ALTERNATING SIDES