



BODYWEIGHT WORKOUT

15 MINUTE

BEGINNER FULL BODY



WARM-UP (2 MINUTES)
30 SEC JUMPING JACKS
30 SEC ARM CIRCLES (15
SEC FORWARD, 15 SEC
BACKWARD)
30 SEC HIGH KNEES
(MODERATE PACE)
30 SEC BODYWEIGHT
SQUATS (SLOW AND
CONTROLLED)

EXERCISEDURATION

- 1. BODYWEIGHT SQUATS**
40 SEC
- 2. INCLINE PUSH-UPS**
(HANDS ON TABLE)
40 SEC
- 3. GLUTE BRIDGES**
40 SEC
- 4. BIRD DOG**
(ALTERNATING SIDES)
40 SEC
- 5. STANDING KNEE-TO-**
ELBOW MARCH
40 SEC

COOL DOWN (1-2 MINUTES)
FORWARD FOLD STRETCH – 30
SEC
CAT-COW STRETCH – 30 SEC
CHILD'S POSE – 30 SEC
DEEP BREATHING – 30 SEC

FORMAT:

PERFORM EACH EXERCISE FOR 40 SECONDS, FOLLOWED BY 20 SECONDS REST.
DO 3 ROUNDS OF THE 5-EXERCISE CIRCUIT BELOW (5 MIN PER ROUND).