

10 Bodyweight Movements

1

Bodyweight Squats - 10 reps



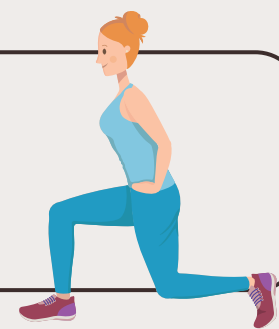
2

Push-ups - 10 reps



3

Lunges - 20 reps (10 on each side)



4

Lying hip raise - 10 reps



5

Plank - hold for 15s



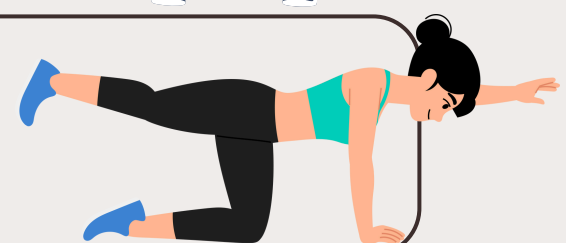
6

Jumping Jacks - 15 reps



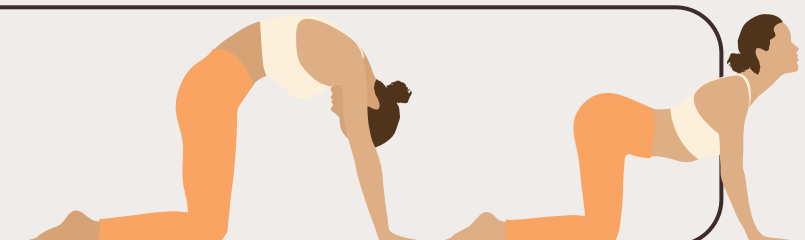
7

Bird Dogs - 10 reps (each side)



8

Cat Cows - 10 reps



9

Crunches - 10 reps



10

High Knees - 20 reps (10 each side)

