

## FULL BODY BODYWEIGHT PROGRAM 1

For these bodyweight programs, you only need yourself! Well, you may need a chair/ bench/ ledge as well, but that's about it.

For program 1, we will keep it simple. 3 sets of 10 exercises, 10 reps of each exercise.

Complete the exercises in this order:

1. Alternating Lunges
2. Crunches/ Sit Ups
3. Jumping Jacks
4. Push Ups
5. Squats
6. Mountain Climbers
7. Russian Twist
8. Side Lunges
9. Supermans
10. Burpee