

FULL BODY BODYWEIGHT PROGRAM 4

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 4, we are going to switch it up and do it timed. 4 sets of 10 exercises, 35 sec per exercise with 10 sec rest in between exercises. Take 2 min rest between sets.

4 x (10 exercises @ 35 sec on/ 10 sec off), rest 2 min

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