

BODY WEIGHT ANYWHERE

15-MINUTE WORKOUT



Set an interval timer for 40 seconds with 10 seconds of rest in between. Repeat each workout three times (or repeat twice for a 10 minute workout).

WORKOUT 1

1. INVISIBLE JUMP ROPE



2. DOWNWARD DOG PUSH-UP



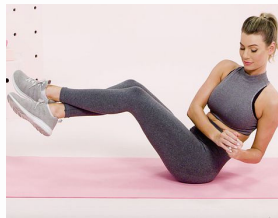
3. CHAIR SQUATS



4. TICEP DIPS



5. IRON CROSS TWIST

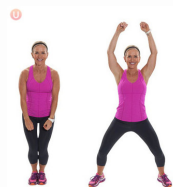


6. MOUNTAIN CLIMBERS



WORKOUT 2

1. JUMPING JACK



2. BIRD-DOGS

(hold 5 breaths with each leg extension)



3. PLANK WITH SHOULDER TAP



4. REVERSE PLIE LUNGE



5. INVISIBLE MEDICINE BALL TWIST

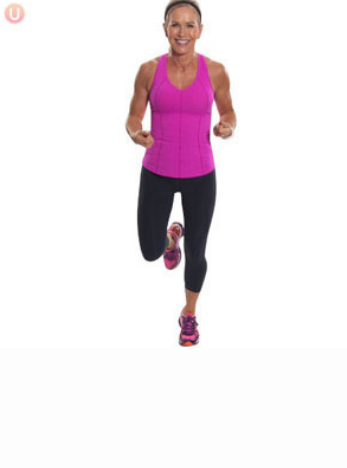


6. PUSH-UP



WORKOUT 3

1. JOG IN PLACE



2. PUSH UP ROTATIONS TO SIDE PLANK



3. SINGLE LEG SIT-TO-STAND



4. TRICEP DIP WITH STRAIGHT LEG



5. BICYCLE ABS



6. SUPERMANS



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