

30 MINUTE BODY WEIGHT WORKOUT



Workout created by
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Required Equipment: None
Optional Equipment: Towel, Shoes
Start with a warm-up of your choice.

MAIN WORKOUT

Squats

- 15-20 repetitions

Deadlifts

- 15-20 repetitions

Lunge Everywhere

- 5 each way, total 20, switch legs
- forward lunge
- lateral lunge
- reverse lunge
- bowler's lunge

Push-Ups Around the Clock

- one push-up for each hour (12 reps)
- rest and repeat counterclockwise

One Leg Deadlifts with Knee Raise

- 15-20 reps, each leg
- knee raise can be a power move - don't let rear leg touch floor

Single Leg (Pistol) Squat into Chair

- 10-15 reps, each leg

Supine Hip Lift and Walk

- 10-15 reps
- With both feet on ground and next to glutes, lift and hold hips
- walk feet out as far as possible, keeping hips up
- walk feet back to complete one rep

Prone Superman with Double Arm Half Circles

- 10-15 reps
- lying on stomach, start with straight legs and arms raised
- keeping legs raised, bring arms to side and then back to front

CORE WORKOUT – PLANK FLOW – 30 SECS EACH

Forearm Plank

Forearm Plank on One Leg x 2

Forearm Plank with One Leg
Pulse x 2

Full Plank with Knee to
Opposite Shoulder & Knee
to Opposite Arm