

8 Bodyweight Moves to Get Big Results!

Perform each exercise for one minute, repeat circuit 2-3x



Bridges: These work the glutes and hamstrings. These can be done with either both feet down or with a single leg for a more intense version.



Sumo squats: A great way to work the glutes and inner thighs. For more of a challenge, hold a dumbbell at your chest to add more weight to the movement.



Wall sit: Easy way to build up strength/endurance in the legs without impact. Keep knees over ankles, press down through heels.



Superman: These are incredible in hitting the back of the body to balance out the amount of forward posture that we adopt throughout the day. Slowly lift opposite arm and leg, squeezing glutes as you lift.



Single arm plank: Strengthen your core with this variation of a plank. Brace core while lifting and lowering arm, alternate sides.



Rotations: Sit tall, keeping your spine straight lean back and rotate side to side through the trunk. Try lifting your feet for the next level!



Leg drops: Lay on back and alternate lowering one leg at a time towards the floor. Keep a strong core not allowing the back to arch as you lower legs.



Bird dog: Slowly alternate lifting opposite arm and opposite leg. Squeeze glutes as you lift leg and keep abs tight.