



Weightless Workout V1

Anytime Workouts

223cal



Tim Phillips

Here Is Your Workout

You can still get a great workout without any equipment by using just your own bodyweight and this high intensity workout.

Equipment: Bodyweight

Squat Legs



- 1 - Stand upright with your feet flat, shoulder-width apart and your arms down your sides.
 - 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the top position.
- Keep your back flat and your head up throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Hindu Push Up Chest



- 1 - Support your body on your toes and hands with your arms straight and your hips raised high into the air.
 - 2 - Lower your head and chest down towards the floor between your hands, bending at your elbows.
 - 3 - Extend your head past your hands, then forward and up towards the ceiling, arching your back.
- Reverse the movement and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

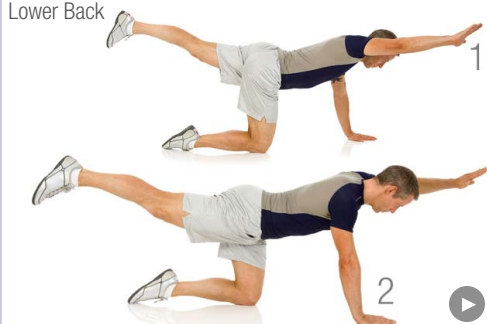
Kneeling Close Push Up Triceps



- 1 - Support your body on your knees and hands with your fingers touching and your elbows bent.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Quad Superman Lower Back



- Begin on all fours with both knees and hands on the floor.
- 1 - Raise one arm and the opposite leg straight up to shoulder height.
 - 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

Glute Bridge Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
- Lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



Front Bridge

Lower Back



- Lie face down on the floor with your legs straight and arms tucked in by your sides.

1 - Raise your body off the floor, resting on your toes and forearms.

- Try to maintain your body in a straight line and keep your back neutral/flat.
- Hold briefly, then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			30.0	
2			30.0	
3			30.0	