

A.

20 Minute WEIGHT LOSS Bodyweight Workout



Perform all exercises with little to no rest in between.
Rest for 30-60 seconds at the end of your set. Complete 3 sets

HAND WALKS 10 REPS

Hand walks - 10 reps



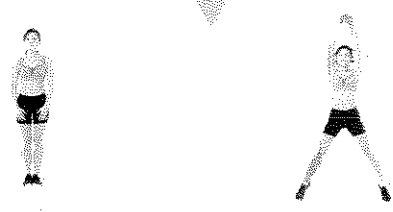
FORWARD LUNGES 10 REPS/SIDE

FORWARD lunges 10reps/side



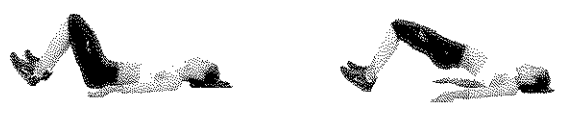
JUMPING JACKS 15 REPS

Jumping jacks 10 reps



BUTT BRIDGES 15 REPS

butt bridges 15 reps



LEG LIFTS 15 REPS

leg lifts 15 reps



CROSS BODY CLIMBERS 15 REPS/SIDE

Cross body climbers
15 reps/side

