

## Stacy Munn's No Equipment Workout #01

| Target                            | Exercise   | Reps/Time                          |
|-----------------------------------|--|------------------------------------|
| 2-3 rounds                        |  |                                    |
| Cardio                            | Jumping jacks  | 40x                                |
| Cardio, inner thighs              | Heel clicks  | 40x                                |
| Quads, glutes, hamstrings, calves | Walking lunges   | 30x                                |
| Glute medius                      | Cross back lunges  | 30x                                |
| Quads, glutes, hamstrings         | Squat jumps  | 20x                                |
| Hamstrings, glutes                | Single leg dead lift   | 20x (10 each side)                 |
| Cardio, arms, legs, core          | 8-count body builders  | 10x                                |
| Upper body, core                  | Pike walk (hands to floor, walk hands out to plank, walk feet toward hands, walk hands out to plank) | 10x                                |
|                                   |  |                                    |
| Cardio, core, shoulders           | Mountain climbers  | 30x                                |
| Obliques, TvA, rectus abdominus   | Bicycle abs  | 30x                                |
| Glute medius                      | Side lying leg lifts   | 20x (10 each side)                 |
| Triceps                           | Triceps dips   | 20x                                |
| Obliques                          | Side plank with arm thread   | 10x                                |
| Glutes, core, lower back          | Shoulder bridge and single leg raise   | 10x (5 ea side)<br>hold 15 seconds |
| Back                              | Back extensions  | 5x                                 |
| Abs                               | V-ups  | 5x                                 |