

## Stacy Munn's No Equipment Workout #03

### Warm-up

- Joint circles, leg swings, leg abduction
- Squats and heel raises
- Down dog to lunge, spinal rotation, 8x push-ups to down dog (optional 1 leg lifted), repeat other side
- Bird dog or Superman plank
- 3x Swimming
- 12x single leg squat (each side)
- Speed skaters
- Single leg deadlift

Do each set 3x

### Set 1

- 8x Lunge 1 leg forward and backward (each side)
- 16x Cross climber - Like mountain climber, but bring knee to opposite elbow
- Bicycle abs
- 12x Single leg triceps dips (each side)

### Set 2

- :90 Burpees
- Windshield wipers
- Single leg supine shoulder bridge with hip lower and lift
- V-sits or V-ups

### Set 3

- 12x 1-2-3 push-ups
- Fire hydrants
- 16x Supine plank with leg lift (each side)
- Russian twist

### Set 4

- :90 Squat jumps
- 12x Side plank sweep through (each side)
- Back extensions
- Walking plank