

Stacy Munn's No Equipment Workout #04

Warm-up for 5-10 mins

Jogging, high knees, butt kicks, side squats, jacks, tire run, squats and heel raises
Elbow to knee forward lunge twisting through spine, Speed skater

3x

- 50x Squat jumps (or squats)
- 10x Push ups

3x

- 50x Jumping jacks
- 30x Front plank with elbow to knee

3x

- 50x Mountain climbers
- 20x Front plank with rotation to side plank

3x

- 50x Slalom jumps (feet and knees together, jump side to side)
- 10x V-ups – straight legs, knees bent or feet on floor

3x

- 32x Split jumps
- 10x Triceps push ups with hands close together

3x

- 20x Squat thrust
- 20x Plank walk

3x

- 50x Reverse lunge, touch opposite hand to forward foot
- 20x Windshield wipers

Shoulder bridge with single leg hip lift and lower

30x Russian twist

26x Legs perpendicular, switch position