

Stacy Munn's No Equipment Workout #05

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

10x Plank to lunge – bring right foot to right hand, then back to plank. Repeat other side.

5x Swimming – lying prone, lift both arms overhead next to ears, lift both legs out straight behind you. Keep arms and legs straight and paddle arms and legs up and down for 10 seconds. Brace core and keep torso still while moving limbs. Rest for several seconds between sets.

- 50x Jump rope. To add intensity, bring knees up toward chest.
 - 40x X climber - Like mountain climber, but bring knee to opposite elbow.
 - 30x Alternating reverse lunge touching opposite hand to forward toes.
 - 20x Push-ups
 - 10x Supergirl plank – Prone plank on hands and toes, lift opposite arm and leg.
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- 50x Stand on Left leg, hinge forward and touch floor with left hand, stand up and bring Right knee to chest as you jump Left foot off floor. 25x each side.
 - 40x Prone plank on hands, jack legs out and in 40x.
 - 30x Long jump forward and squat, 2 small hops backward.
 - 20x Burpees
 - 10x Dynamo push-ups – From prone plank position, jump both feet toward hands, then back out to plank, then do 1 push-up.
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- 50x Jog and kick heels to butt
 - 40x Squat with side leg lift (20x each side)
 - 30x Single leg squat (15x each side)
 - 20x Russian twist
 - 10x Lateral hop 3x with knees and feet together, then jump and tuck knees to chest.

If space allows, do some skipping, forward jogging, backward jogging and sideways crossovers between each set.

Repeat from the top 2-4 times.