

## Stacy Munn's No Equipment Workout #06

### Warm-up for 5-10 mins

Jogging, high knees, butt kicks, jacks, fast feet wide and in, squats, low squat thrust  
Shoulder to opposite knee side to side, Speed skater

10x each side – stand on 1 leg, hinge forward and touch opposite hand to standing foot.

3x

- :60 Squat and jumping jack
- Side plank, lower and lift hips 8x. Repeat other side.

3x

- :60 Burpees
- Side lying leg lifts 12x. Repeat other side.

3x

- 10x 1,2,3 push-ups - Start in prone plank position. Jump right knee to right elbow, then left knee to left elbow, then right knee to right elbow. Keep knee at elbow and do 1 push-up. Repeat other side.
- 24x Bicycle abs

3x

- :60 Heel clicks – Jump up and touch heels together. Can be fast or slow.
- Pike push-ups – Hips up, hands form triangle. Bring forehead to hands.
- 10x Windmill push-ups - 1 push-up then rotate to side plank. Repeat other side.

3x

- :60 Squat jumps
- 24x Supine bridge with leg lift

3x

- 30x Turning squats – Jump and turn 180°
- 10x Push-ups

3x

- 30x Hop and tuck – Knees and feet together, hop 3x laterally side to side then jump and tuck knees to chest.
- 20x Walking plank – Start in prone plank position on hands. Come down to forearms and elbows 1 side at a time. Come back up onto hands 1 side at a time.

20x Lying scissor kicks; head, neck and shoulders off floor, touch hands together between legs.

10x Push-ups, at the top lift 1 arm and opposite leg. Repeat other side.

Walking lunges – hands behind head

Squat walk – hands behind head

Frog jumps

20x Regular push ups

26x Lying leg switches for abs; 1 leg up toward ceiling, other leg parallel to floor.

30x Russian twist

Stretches