



Royally Fit: 19 Minute Body Weight Sweater

19 Minute Body Weight Workout

We have cardio, arm & core strength, followed by some isolated butt moves. You got this ladies. Have fun!

What you will need:

- Just yourself ;)

Warm-Up:

- 3 minutes of various things

Workout: Complete the exercises below for 50 seconds on, and 10 seconds off, 4 times through.

- **Burpee with donkey jump + tuck jump** – Think burpee....and then some. When you jump out, before you come back up, complete 1 donkey jump by kicking both legs up towards the ceiling. When you come back up to top, complete 1 tuck jump. Rinse and repeat.
Modification: You can walk the burpees out, complete alternating donkey kicks, and when you come up, alternating lifting both knees in to recruit your lower abs.
- **Alternating plank walks + triceps push -up** – With your shoulder directly over top of your hands in plank position, bring one leg towards the outside of the hand (really engage your abs here), and then follow that with 1 triceps push ups keeping your body forward, and abs in nice and tight. Bring your leg back, and repeat on the next side.
Modification: You can do these same moves on your knees for some added support, and you can also do the push up on your fists if you want some wrist support OR you could hold a low plan on your elbows and just do alternating shoulder taps
- **Side lying leg circles, right** – Start by lying on your side, hips stacked directly over top of each other. Bend your bottom leg 90 degrees, take your top arm in front of your body to help keep it stable. From here you're going to lift your top leg, push through your heel and then draw circles in the air without rocking your hips.
- **Side lying leg circles, left** – Same as above on the next side.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant