



15 Minute Body Weight Workout

I think you'll dig the variety of this workout. The exercises are a bit different, and challenge you mentally just as much as they challenge you physically.

What you will need:

- Mini band and set of weights.

Warm-Up:

- Included in workout.

Workout:

- We're going to be doing each of the exercises, consecutively, for 50 seconds on and 10 seconds of rest, for a total of 3 sets.

Exercises:

- **Cross over lunges** – These are like the opposite of curtsy lunges, but instead of going backwards, you go forwards! Be sure to be gentle on the knees, keep the back flat and with a slight lean forward by hinging through the hips.
Modification: Do regular lunges instead
- **Wall plank walks** – Starting away from the wall in a full plank position, walk your body towards the wall, and then your feet up the wall as high as you can go, until you're doing a handstand.
Modification: Hold a plank and/or do mountain climbers instead.
- **180 squat jumps** – Complete a 180 squat jump as quiet as you can, so you're nice and gentle on those joints. Be sure you land softly, and take your time on this one. It's difficult!
Modification: Complete side to side squats instead without the jump.
- **Table top hover moves** – Starting in a table top position, lift your knees slightly off the ground, and then move your body back a couple inches, back to centre, and then forward a bit. Repeat without moving too much!
- **Push-ups with side planks** – On or off your knees, you're going to complete a push-up paired with a side plank on or off your knees. Lots of options ladies!
Modification: Lying down chest presses or flies instead...your choice!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant