



LOWER BODY: BODY WEIGHT WORKOUT PROGRAM

| EXERCISE | SETS | REP/TIME | REST |
|-------------------------------|------|------------|---------------|
| WARM UP | 3 | 45 SECONDS | 15 SECONDS |
| ON THE SPOT JOG | | | |
| WARM UP | 3 | 45 SECONDS | 15 SECONDS |
| JUMPING JACKS | | | |
| WARM UP | 3 | 45 SECONDS | 15 SECONDS |
| HIGH KNEES JOG | | | |
| GOBLET SQUATS | 3 | 15 | 30-45 SECONDS |
| SPLIT SQUATS (L&R) | 3 | 15 | 30-45 SECONDS |
| FARWORD LUNGES (L&R) | 3 | 15 | 30-45 SECONDS |
| REVESE LUNGES (L&R) | 3 | 15 | 30-45 SECONDS |
| STANDING LATERAL RAISE (L&R) | 3 | 15 | 30-45 SECONDS |
| STANDING CLAVES RAISE (L&R) | 3 | 15 | 30-45 SECONDS |
| LYING LEG CURL (L&R) | 3 | 15 | 30-45 SECONDS |
| GLUTE BRIDGE | 3 | 15 | 30-45 SECONDS |
| BIRD DOG (L&R) | 3 | 15 | 30 SECONDS |
| FONT PLANK | 3 | 30 SECONDS | 15 SECONDS |