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Body Weight Workout

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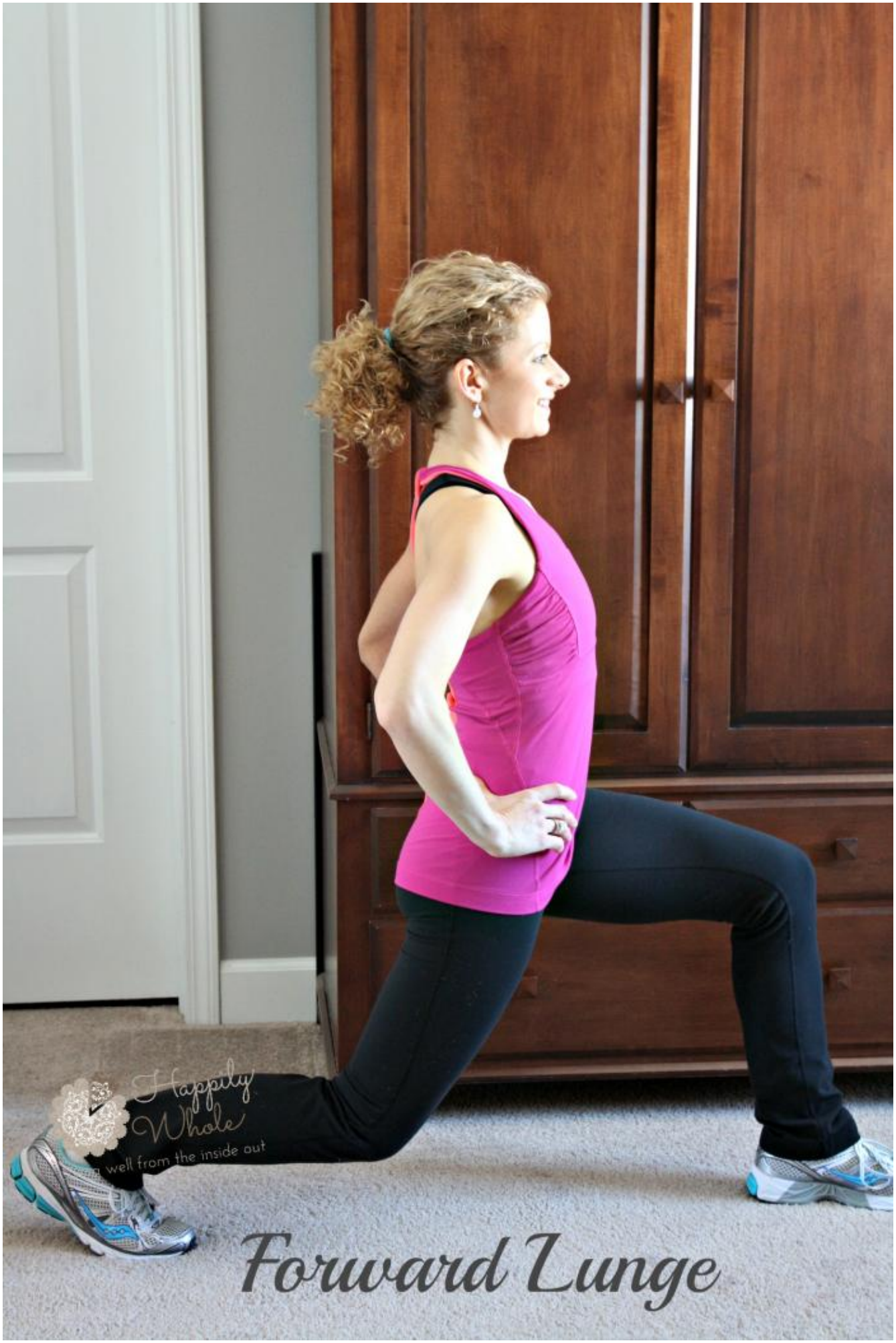
This is a quick, easy, time sensitive little workout for when you're running short on time.

So, put on your favorite music and give this one a whirl! Or if you're so short on time that you can't even get these exercises done all at once, dress comfortably for your busy day and keep your computer, phone or tablet open so you can do them throughout the day!

Please note that not ALL the exercises listed on the table have a corresponding photo. If you'd like to access more details and see more photos in the workouts, please consider joining as a Happily Whole Member [1]. Member workouts, recipes and newsletters offer greater content and more detailed guidance.



Elbow Plank


Happily Whole
well from the inside out
Forward Lunge

Walking Lunge



Sitting Dips Step 1



Sitting Dips Step 2



Bear Crawl

Warm-Up

Jump, run, skip, hop. Get your blood moving!

Workout Set

Exercise	Description	Sets	Reps	Tempo
Jump Squats	Using your arms, jump up and land in a wide leg stance. Now lower down into a squat.	3	10	
Push-ups	If you can't do a regular push-up, do a knee push-up	3	10	
Elbow Plank	Push-up position, but on your elbows.	3	10	
Walking Lunges	Take a big step, with your chest up, lower your back knee toward the floor	3	10	
Sitting Dips	Sit on a chair. Scoot forward til your hips are off the chair. Supporting yourself with your hands, lower your hips toward the floor. Now use your triceps to raise back up.	3	10	
1 Arm Plank with Rotation	Start in push-up position on toes. Rotate and reach one hand to the ceiling. Return to start and repeat on opposite side.	3	10	
Wall Squats	Stand against a strong wall. Walk your feet out about 12". Lower down so your knees are bent at a 90 degree angle. Toes not past your knees	3	10	

Exercise	Description	Sets	Reps	Tempo
Bear Crawl	Bend down and put your hands on the floor by your feet. Walk you hands out about 10". Now begin crawling but on your hands and feet.	3	10	
Arm Plank with knee drive under body	Start in push-up position. Draw in your right knee. Twist to your left, bring your right knee under your left hip. Repeat on opposite side	3	10	

Cool Down

Fantastic! Didn't that feel great!!! Lay down and let your body rejoice in a good stretch.

Tip to Progress

If you would like workouts with more details, consider joining the Happily Whole community by becoming a member.

Source URL: https://www.livinghappilywhole.com/content/body-weight-workout

Links
[1] https://www.livinghappilywhole.com/membership