

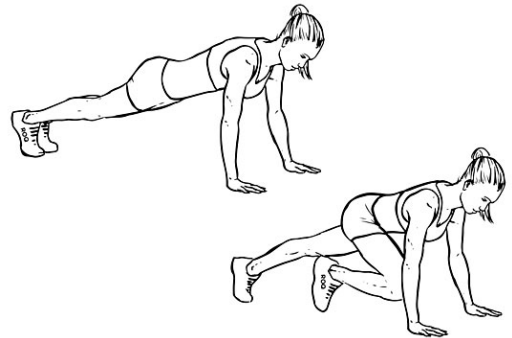
At Home Workout Using Bodyweight Only

Not everyone has loads of gym equipment at home, but you can get just as good a workout using exercises that only use your own bodyweight.

Do 45 seconds of each of the exercises below with no rest in between each one. Once you have done them all, rest for one minute and then complete another circuit. Aim to complete about 3 or 4 circuits.

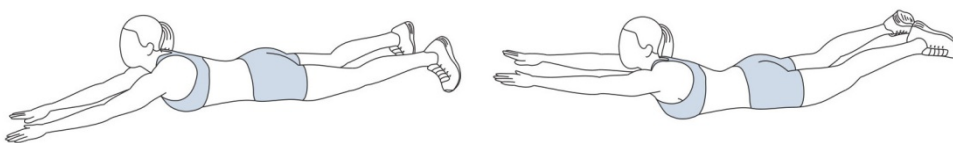
1. Mountain Climbers

- Start in a push-up position with your arms completely straight. Your body should form a straight line from your head to your ankles.
- Lift your right foot off the floor and move the right knee toward your chest. Make sure your lower back posture does not change.
- Return to starting position and repeat with your left leg.
- Continue alternating.



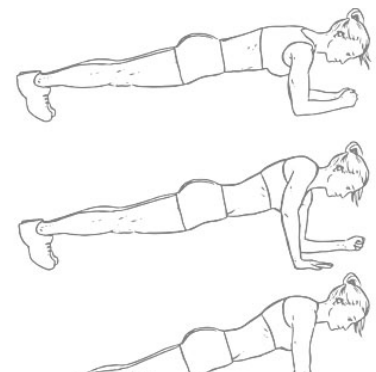
2. Superman

- Lie on your stomach with your arms straight out above you at 10 o'clock and 2 o'clock positions, with thumbs pointed up.
- Tuck in your chin, so that the back of your neck is longer than the front, and squeeze your legs together.
- Lift your upper and lower body up as high as you can and pause at the top part of the exercise. Lower and repeat.



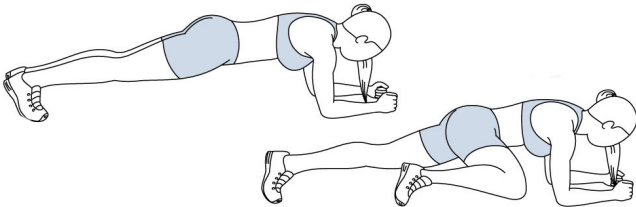
3. Plank Ups

- Start in a push-up position with the hands under the shoulders and the legs stretched out directly behind.
- Squeeze the thigh and glute muscles to keep body and legs in a straight line, and lower down to the elbows one at a time.
- Press the hands into the floor one at a time to return to the push-up position.



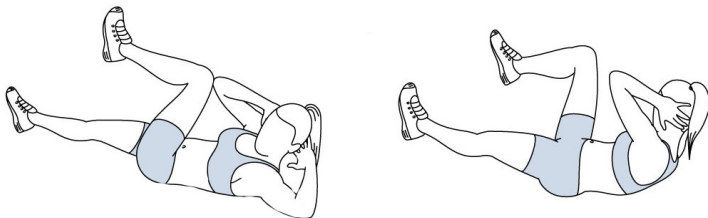
4. Spiderman Mountain Climbers

- Start in a high plank
- Drive your right knee out and up toward your right tricep. As you do, turn your head to watch your knee meet your arm
- Alternate sides as fast as you can while still maintaining a sturdy plank and keeping your torso in place



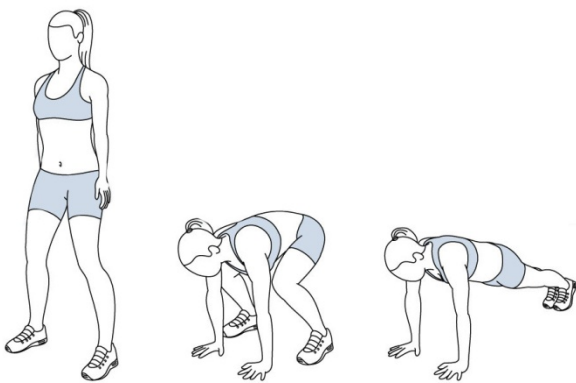
5. Bicycle Crunches

- Lie on your back with hands behind your ears. Bend hips and knees at a 90-degree angle with your feet off the floor.
- Straighten your left leg toward the ground while drawing your right knee in toward your chest.
- As your right knee comes toward you, lift your torso off the floor and twist toward your right knee. Make sure to use your abs to lift and twist.
- Alternate legs and twist the torso for the full set.



6. Squat Thrusts

- Start in a standing position.
- Bend down, knees bent, and place your hands on the floor in front of you. Shift your weight onto your hands.
- Kick back both feet to a full plank position. Make sure to keep your abs tight to prevent your hips from rising or sinking.
- Jump your feet back toward your hands and stand up again.



7. Donkey Kicks

- Get into a standard push-up position.
- Bend your left knee forward toward your chest.
- Kick your left leg back, away from your body.
- Quickly return your left leg to the push up position.
- Repeat the same motion with your right leg quickly.
- As you kick (like a donkey), count each leg's kick as one repetition.

