



## Body Weight Blaster Workout

### Warm up circuit

- Body weight prisoner squats (20 reps)
- Bird dogs (10 reps on each side)
- Plank (30 second isolation hold)
- Floor Cobras (30 second isolation hold)

### Workout Circuit (repeat 2-3 times)

- Wall sit (1 minute hold)
- Push ups (8 -12 reps)
- 25 jumping jacks
- Supermans (15 reps)
- 15 burpees
- 25 crunches

### Exercise definitions:

**Prisoner squats:** 1) Start in a standing position with you feet shoulder width apart. 2) Place your hands to the side of your head. 3) Keeping your weight on your heels, squat down until your hips are level with your knees, hold for 1 second then press up through your heels to your starting position. 4) Repeat

**Bird Dogs:** 1) Start facing down with your hands and knees on the floor. Keep your hands below your shoulders and your hips below your knees. 2) Extend your opposite arm/leg. 3) Return to your arm/leg to their starting position. 4) Repeat on the other arm/leg