

Travel: bodyweight



Here's your moves. Just six, that's it. You've got this!

single
leg squat

A

pushup

B

glute
bridge

C

side
plank

D

wall
sit

E

reverse
plank

F

Complete each exercise in alphabetical order.

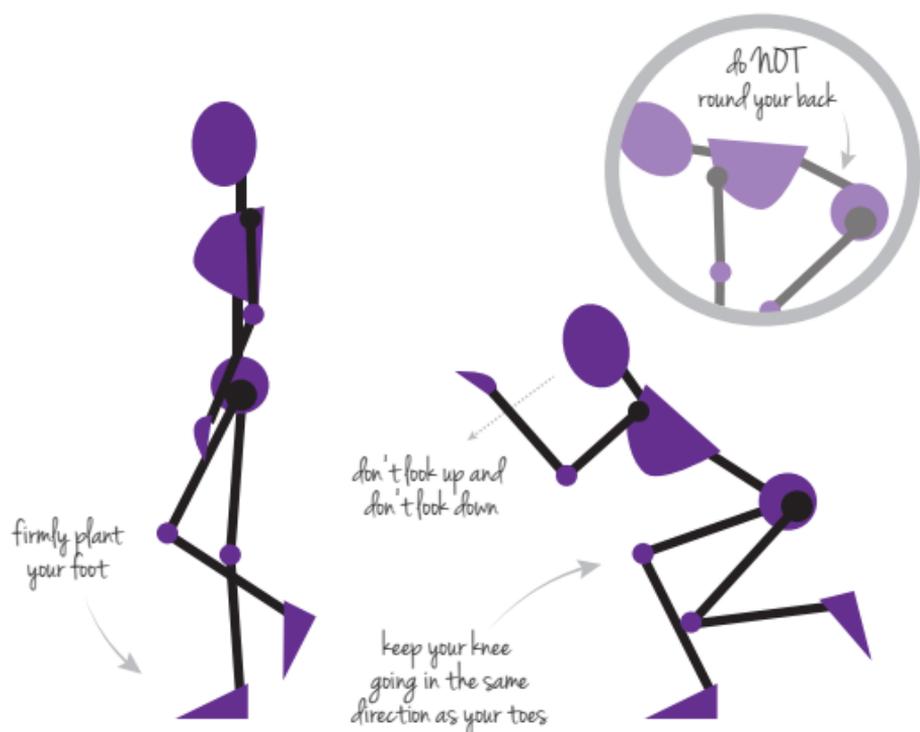
If you're short on time (30 min) perform 2 sets of 16-20 reps

If you have more time (45 min) perform 3 sets of 11-15 reps

Read on for exercise instructions, tips and modifications!

single leg squat:

A single leg squat challenges your balance and works your glutes at the same time.



Start by standing with one foot on the ground, with the other leg bent. Clasp your hands in front of you if you prefer.

Stick your butt out and bend your knee to lower yourself down. Push through your heel to bring yourself back to standing. Repeat for reps and complete on other side.

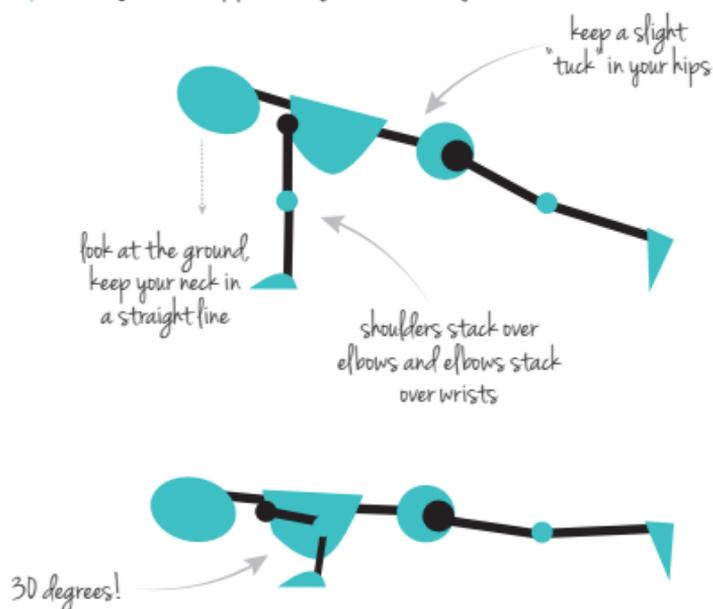
modifications:

Easier? Touch the toes of your non-standing leg down on the ground to help with balance. Try not to use them to push yourself up.

Harder? Sink as low as you can. You can also extend your leg in front of you once you can get down really low.

pushup:

A pushup is not just an upper body movement, you can think of it as a moving plank!



Set up for your pushup by getting into plank position. Make sure your fingers are spread wide and your hands are directly under your shoulders and your knees are directly under your hips.

With your elbows pointing out at 30 degree angles to your torso, lower your chest down towards the floor. Push back up to plank and repeat for reps.

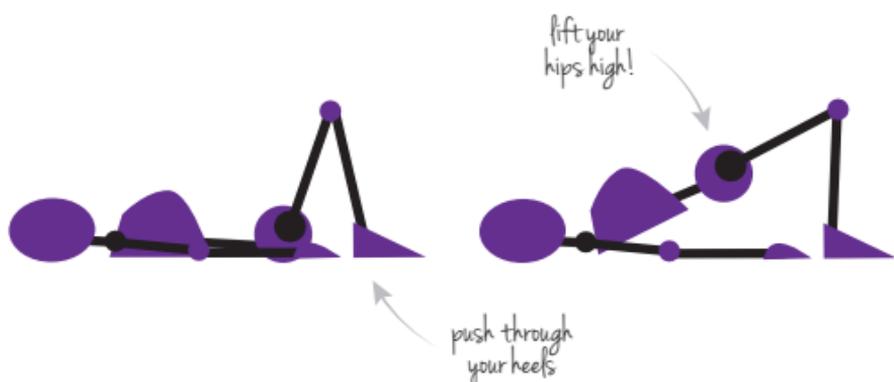
modifications:

Easier? Perform your pushup from your knees or place your hands on a raised platform like a bench or counter.

Harder? Elevate your feet!

glute bridge:

A *glute bridge* is a body weight exercise that works on hip and glute strength.



Start by lying on a mat with your feet flat on the floor and as wide as your hips. Hands are down by your side.

Push through your heels to lift your hips off the ground. Lift until you form a straight line from your shoulders to your knees. Lower and repeat for reps.

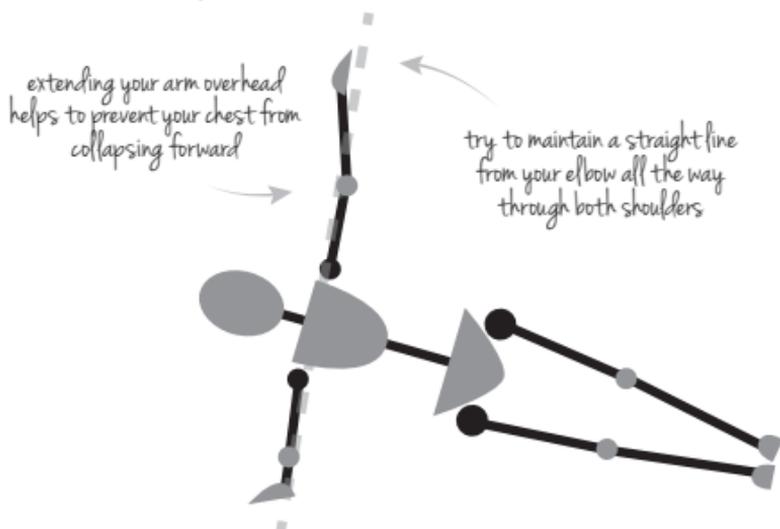
modifications:

Easier? Use your hands and push them into the mat to help lift your hips off the floor.

Harder? Flip your hands over so you cannot push into the ground, put your feet on a Bosu ball, or elevate your feet on a bench. If you can master those, try those modifications but with only one foot on the ground. Your other foot reaches up towards the ceiling. Make sure to complete on both sides.

side plank:

Side plank is an isometric bodyweight exercise that focuses on core strength and shoulder stability.



Set up by laying on your side. Place your elbow directly under your shoulder with your hand pointed in front of you.

Keeping your shoulder stacked over your elbow, rise up onto the sides of your feet. Hold the position for prescribed time.

notes on time:

2 sets: hold for at least 90 sec

3 sets: hold for 60-90 sec

4 sets: hold for 30-60 sec

5 sets: hold for 15-30 sec

modifications:

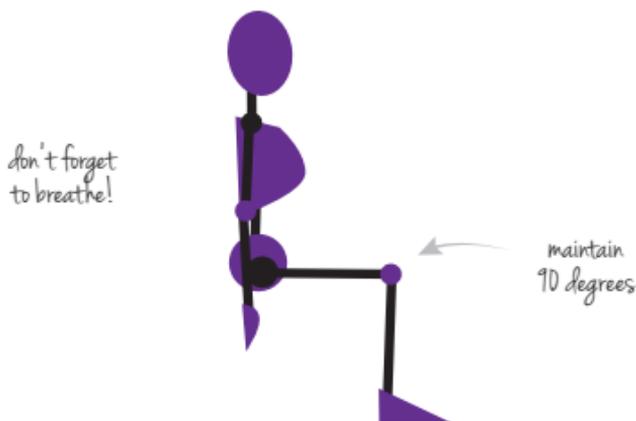
Easier? Bend your knees and hold the pose with your knees on the ground as well as your feet.

Harder? Raise your top leg!

Make sure to keep your shoulders strong. Do not let your shoulder "sag" and collapse under you.

wall sit:

A wall sit is an isometric body weight exercise that strengthens your legs.



Start by leaning back against a wall. Keep your upper body flat against the wall and slide down to a seated position.

Make sure to position your feet so that they are directly under your knees. Hold for prescribed time.

notes on time:

2 sets: hold for at least 90 sec

3 sets: hold for 60-90 sec

4 sets: hold for 30-60 sec

5 sets: hold for 15-30 sec

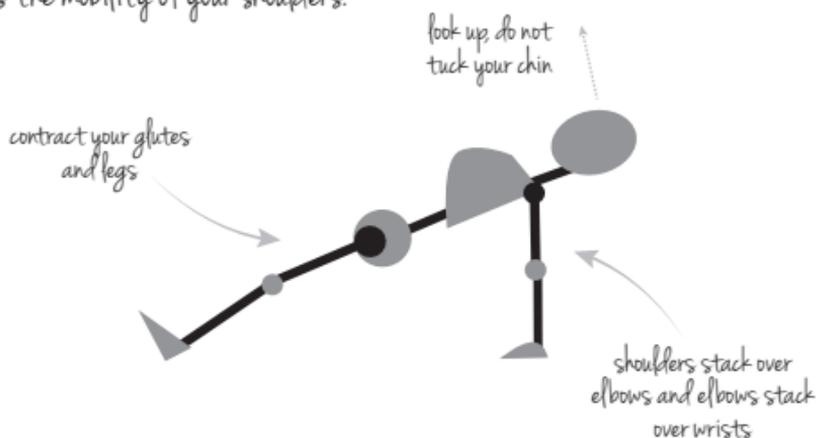
modifications:

Easier? Keep your knees over your heels, but slide your upper body higher on the wall.

Harder? You can try spreading your legs to change up the feeling, or if you are really daring, extend one leg out and keep just one foot on the floor!

reverse plank:

A reverse plank is an bodyweight, isometric exercise that works your entire body and tests the mobility of your shoulders.



Set up for reverse plank by sitting on a mat with your legs in front of you. Place your hands behind your hips with fingers facing your hips.

Push up through your heels and lift your body off the ground. Keep your hips raised as high as you can. Hold for prescribed time.

notes on time:

2 sets: hold for at least 90 sec

3 sets: hold for 60-90 sec

4 sets: hold for 30-60 sec

5 sets: hold for 15-30 sec

modifications:

Easier? Bend your knees and place your feet under them to hold "crab pose".

You are basically making a table with your body, stomach towards the ceiling.

Harder? Try lifting a leg!