

*This workout will hit total body, and can be performed at home, in an office, or a hotel room.*

*Perform 20 reps of each set before continuing on to the next exercise until you complete the entire circuit.*

*Perform 3 full circuits.*

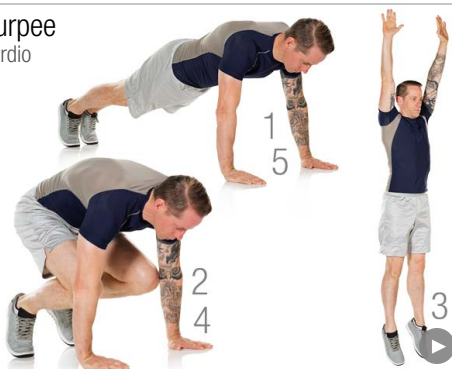
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*If this workout becomes to easy, increase the number of repetitions of each set by 5-10.*

*Equipment: Bodyweight*

## Burpee

Cardio



- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight position.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Lying Leg Raise

Abs



- 1 - Lie on your back with your legs straight and your hands by your sides.
  - 2 - Raise your legs straight up, slightly lifting your lower back off the floor.
- Slowly lower your legs to tap your heels on the floor and repeat.
  - Keep your upper body stable and your legs straight throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Split Squat Jumps

Cardio



- Stand upright with your feet split front to back with your arms at your sides.
- 1 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
  - 2 - Push off the front foot and jump up off the floor.
  - 3 - Land in a split squat and repeat quickly.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Spiderman Push Up

Chest



- 1 - Start in the top position of a push up with your arms straight.
  - 2 - Bend your elbows and lower your body towards the floor while also bending one knee and bringing it to your elbow with your foot off the floor.
  - 3 - Push back up to the top position and repeat with the other leg to the other elbow.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Uni Glute Bridge

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
  - 2 - Raise your hips off the floor, making a straight line from your hips to your shoulders and extend one leg out straight.
- Lower yourself back to the floor and repeat using the other leg.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Crunch Walk Up

Abs



- 1 - Lie on your back with one leg straight up and both hands behind the knee and the other leg flat on the floor.
- 2 - Lift your head and shoulders off the floor, and walk your hands up the back of your raised leg.
- 3 - Continue walking your hands up your leg as high as you can go.
  - Walk hands back down your leg, lower your head and shoulders and repeat.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Toe Taps

Cardio



- 1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.
- 2 - Rapidly change feet alternating between touching the bench and floor in a running motion.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

## Kneeling Close Push Up

Triceps



- 1 - Support your body on your knees and hands with your fingers touching and your elbows bent.
- 2 - Push up to a straight arm position.
  - Lower your body back to the start position and repeat, keeping your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			