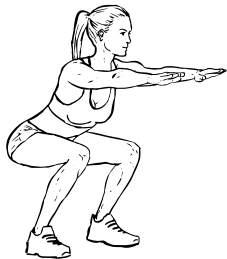


At Home No Equipment Workout 1

4 min · Abs, Back, Chest, Legs, Yoga

15 minutes AMRAP

Static Squat Hold



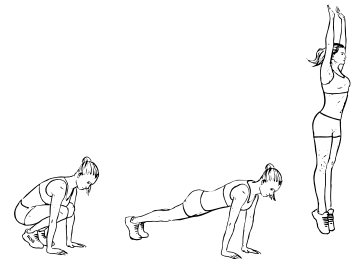
5 seconds

Jump Squats



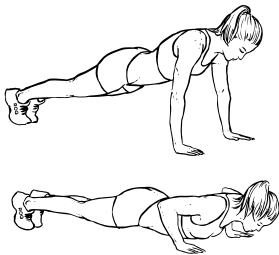
5 reps

Burpees



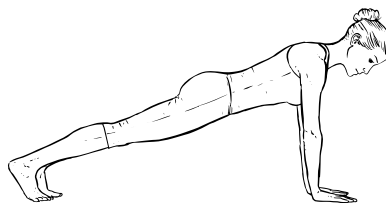
5 reps

Push-ups



5 reps

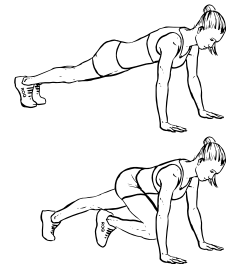
Plank · Kumbhakasana



5 breaths

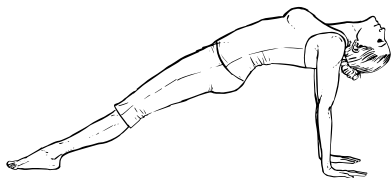
Hands shoulder-width apart · Feet hip-width apart · Spread fingers wide · Draw belly toward spine

Mountain Climbers



10 reps

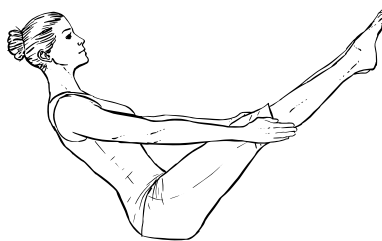
Inclined Plane · Purvottanasana



5 breaths

Press soles of feet toward floor · Align wrists under shoulders · Lift hips toward sky · Keep the neck neutral

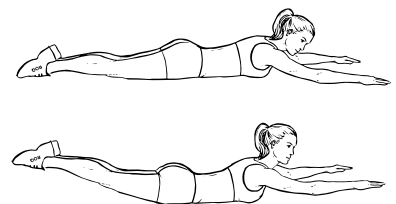
Full Boat · Paripurna Navasana



10 breaths

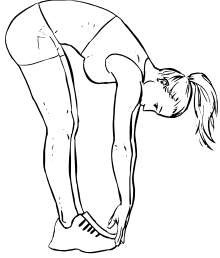
Lengthen spine and keep back flat · Reach strongly through fingers · Balance on sit bones

Supermans



5 reps

Toe Touches



5 reps
