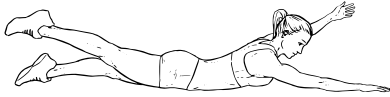


At Home Workout #3 -No Equipment Needed

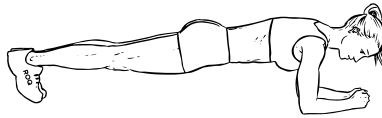
19 min · Glutes, Abs, Back, Chest, Legs, Shoulders

Contralateral Limb Raises



10 reps

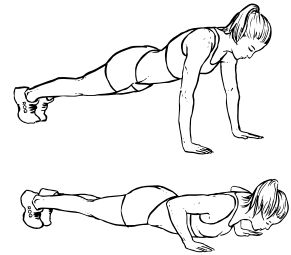
Plank



60 reps

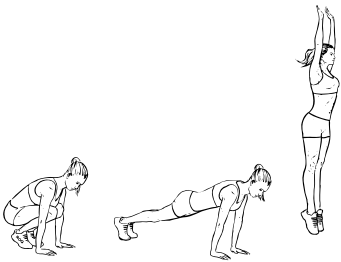
1 minute

Push-ups



5 reps

Burpees



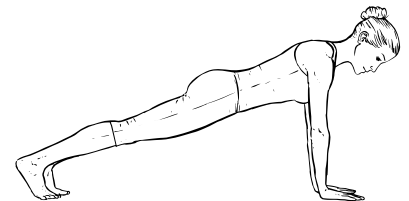
5 reps

Contralateral Limb Raises



10 reps

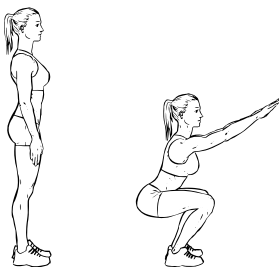
Plank · Kumbhakasana



60 breaths

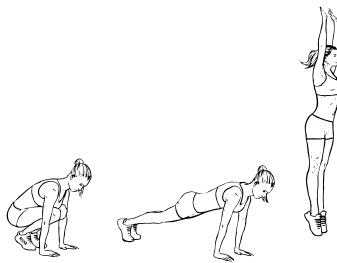
Hands shoulder-width apart · Feet hip-width apart · Spread fingers wide · Draw belly toward spine

Air Squats



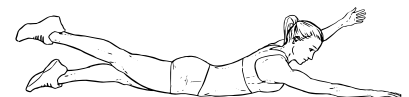
5 reps

Burpees



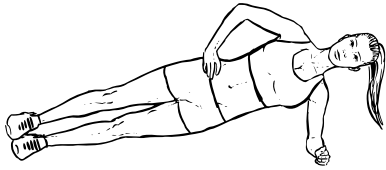
5 reps

Contralateral Limb Raises



5 reps

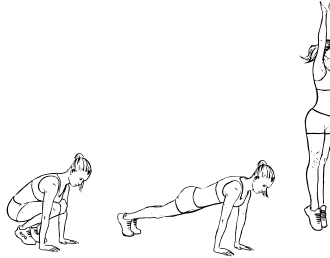
Side Plank



60 reps

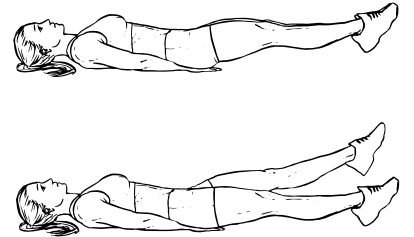
1 Minute Right Side

Burpees



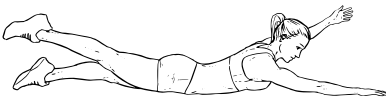
5 reps

Flutter Kicks



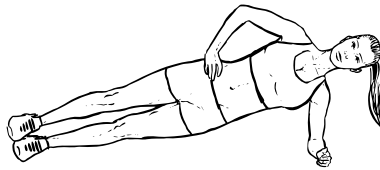
10 reps

Contralateral Limb Raises



5 reps

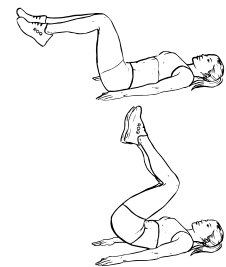
Side Plank



60 reps

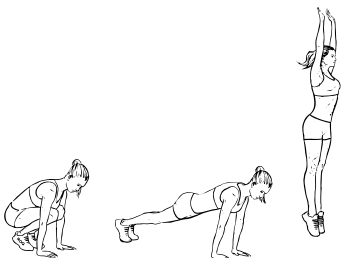
1 Minute, Left Side

Reverse Crunch



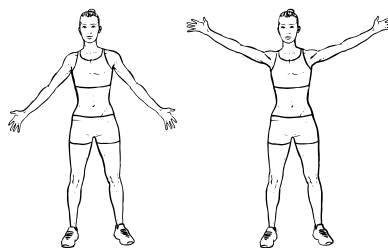
5 reps

Burpees



5 reps

Standing Arm Circles



10 reps

Arms Level, 10 each side, 45 degree, and front forward and reverse, Arms overhead 10 each forward and reverse