

BECKY DEMUS' FULL BODY STRENGTH WORKOUT – NO EQUIPMENT

Focus: Muscular Strength and Endurance

For a challenge, repeat workout for a second set

Exercise	Repetition or Duration
Bodyweight squat or sit-and-stand	25 reps
Elevated Lunge or Lunge	20 reps per leg
Tricep Dips	20-25 reps
Pushups	15-25 reps (progress to more!)
Curtsy Lunges	15-20 reps per leg
Laundry Detergent Bicep Curl	15-20 reps per arm
Push-Press	20 reps
Bridge Lifts	25 reps
Plank	45-60 seconds *option: knees*
Bicycles	20 reps per side (40 total)