

Giulia's Body Weight Strength Workout

FOCUS: Using your own body weight as resistance; Strength

| Exercise Name | Form Tips | # Reps | # Sets |
|---|--|------------------------|--------|
| A1: Rear foot elevated split squat | -to modify, do not elevate the back foot -keep the core tight and drive the bottom foot into the ground as you come up | 8 each leg | 3 |
| A2: Push ups | -keep the core tight, hips tucked, back strength -drive the hands into the ground to rise -to modify, drop the knees | 8 total | 3 |
| A3: Front plank | -hips stay tucked, core is tight, back straight and hold | 30 seconds-1 minute | 3 |
| B1: Single leg glute bridge | -lift the toe, drive the heel into the ground and the hips drive up -squeeze the glutes at the top of the movement | 8 each leg | 3 |
| B2: Side plank | -keep the bottom hip lifted -to modify, drop the bottom knee | 30 seconds each side | 3 |
| B3: Tricep dips | -keep the elbows close to the body, drive through the palms of the hands -squeeze triceps at the top | 10 total | 3 |
| C1: Air squats with pulses | -stay low when pulsing, keep the chest up, drive through the feet | 10 total, 5 pulses/rep | 3 |
| C2: Forearm plank reach out | -keep the hips parallel to the floor when extending the arm out -keep the core tight and shoulder over the elbows | 10 each arm | 3 |
| C3: Superman Y, T, W | -keep the back tight, squeeze the shoulder blades together -keep the head neutral and eyes gazing down | 10 each way | 3 |