

15 Minute Total Body Workout



Body Weight Lunges

Targets: Legs, Quads, Glutes



Glute Bridge

Targets: Hamstrings, Glutes



Pushups | Wall Pushups

Targets: Chest, Triceps



Inverted Row

Targets: Back, Biceps



Plank

Targets: Abs, Back, Shoulders

Warm-Up 5 min

march in place, high knees, side shuffle

- 1 min lunges
- 1 min glute bridges
- 1 min pushups
- 1 min inverted row
- 1 min plank start w/30 sec working up to 1 min

REPEAT 2x (minus warm-up)