Bodyweight Strength Training Day 1

BODYWEIGHT LUNGE	2	x	10EA
GLUTE BRIDGE	2	x	15
PUSH UP	2	x	10
BODYWEIGHT SQUAT	2	x	15
SUMO T-SPINE	2	x	6EA

ABS	SETS	x	REPS
PLANKS	3	x	:30s
PUSH UP CHEST TOUCH	3	x	8EA

Click below for video

Bodyweight Lunge

Glute Bridge and Single Leg Glute Bridge

Push Up

Bodyweight Squat

Sumo T-Spine

Planks

Push Up Chest Touch