Bodyweight Strength Training Day 2

LATERAL LUNGE	2	x	10EA

Glute Bridge Hip Pivot (R)	2	x	:30
Glute Bridge Hip Pivot (L)	2	x	:30

T-Pushups	2	x	:30

Squat Jumps	2	x	:30

Hand Walks	2	x	:30

ABS	SETS	x	REPS
SIDE PLANK	3	x	:20s EA
1 HAND PLANK	3	x	:10s EA

Click below for video

Lateral Lunge

Glute Bridge Hip Pivot Right and Leftt

T-Push-up

Squat Jumps

Hand Walks

Side Plank

One-Hand Plank