

A Bodyweight Workout Routine For Women

www.theundergroundbootcamp.com

[@TheLadyTrainer](https://www.instagram.com/TheLadyTrainer)



High Knees Jogging

Jog in place, at full speed, for 1 minute.

You may either swing your arms or hold a weighted medicine ball overhead to engage your abs, shoulders and arm.

Make sure you stay on the balls of your feet and your knees come up high enough to touch your chest.

Inch Worm



Inch Worm Bodyweight Exercise

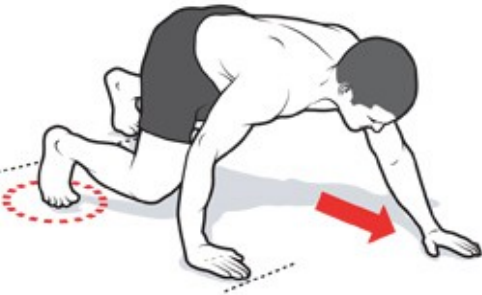
Do the Inch Worm, for 1 minute, without rest.

Bear Crawl Bodyweight Exercise

Without stopping to rest after you complete the Inch Worm, transition into the Bear Crawl.

Do not let your knees touch the floor and keep your back straight.

Do the Bear Crawl for 1 minute.

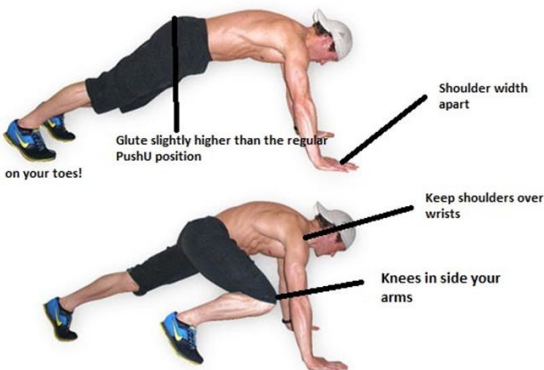


Mountain Climbers

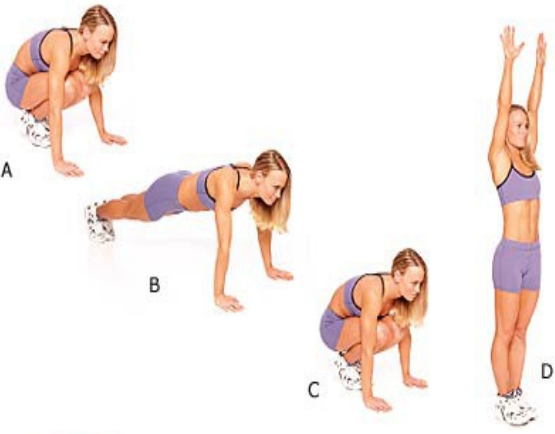
Sets: 2

Reps: 10 in each set

Rest In Between Sets: 5 seconds



Take A 30 Second Water Break!



Burpees

Sets: 2
 Reps: 10 in each set
 Jump as high as you can!
 Rest In Between Sets: 5 seconds



Plyometric Pushup

Sets: 2
 Reps: 10 in each set
 Rest In Between Sets: 5 seconds



Judo Pushups

This pushup should be done slowly and gracefully.

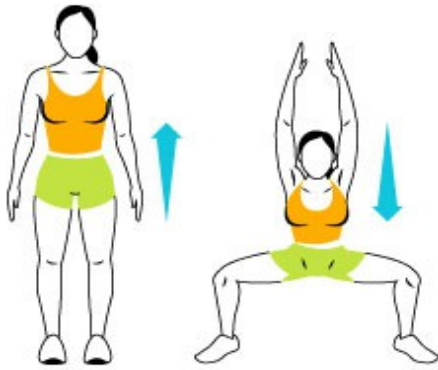
Sets: 2
 Reps: 10 in each set, with a 2 second hold in the down pushup position and a 2 second hold in the arch position.
 Rest In Between Sets: 5 seconds

The Plank

Hold the Plank position for 30 seconds
 Take a 5 second break
 Hold the Plank position for another 30 seconds



Take A 30 Second Water Break!



Jumping Jack With A Squat

Sets: 2

Reps: 10 in each set, with a 2 second hold in the squat position

Rest In Between Sets: 5 seconds



Clock Lunge

This lunge should be done slowly and gracefully, almost like a dance move, with emphasize on maintaining your form.

This lunge is a 3 step exercise.

Start with a front lunge, transition to a side lunge, and then a rear lunge.

Sets: 2

Reps: 10 in each set, with a 2 second hold in each of the lunge positions.

Rest In Between Sets: 5 seconds

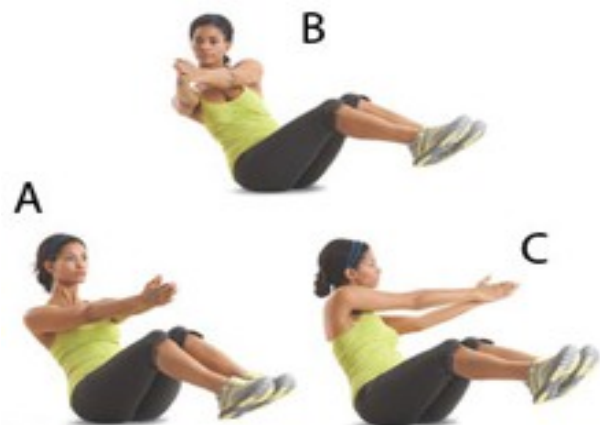


Dolphin Pushup

Sets: 2

Reps: 10 in each set, with a 2 second hold in the down pushup position

Rest In Between Sets: 5 seconds



Russian Twist

This is another 3 step exercise.

Keep your head up and your toes parallel with your knees.

Sets: 2

Reps: 10 in each set

Rest In Between Sets: 5 seconds