

Lean and Fit Full-Body Workout

NO EQUIPMENT NECESSARY

Warmup

Perform each exercise for a minute.

1. Active Hamstring Stretch



2. Alternating Reverse Lunge With Scarecrow Arms



3. Calf Rocks Into Small Hops



4. Trunk Twist



POPSUGAR.

Workout

Repeat circuit twice.

1. Single-Leg Advanced Bridge

12 reps, each side



2. Reverse Bird Dog

20 reps, alternating sides



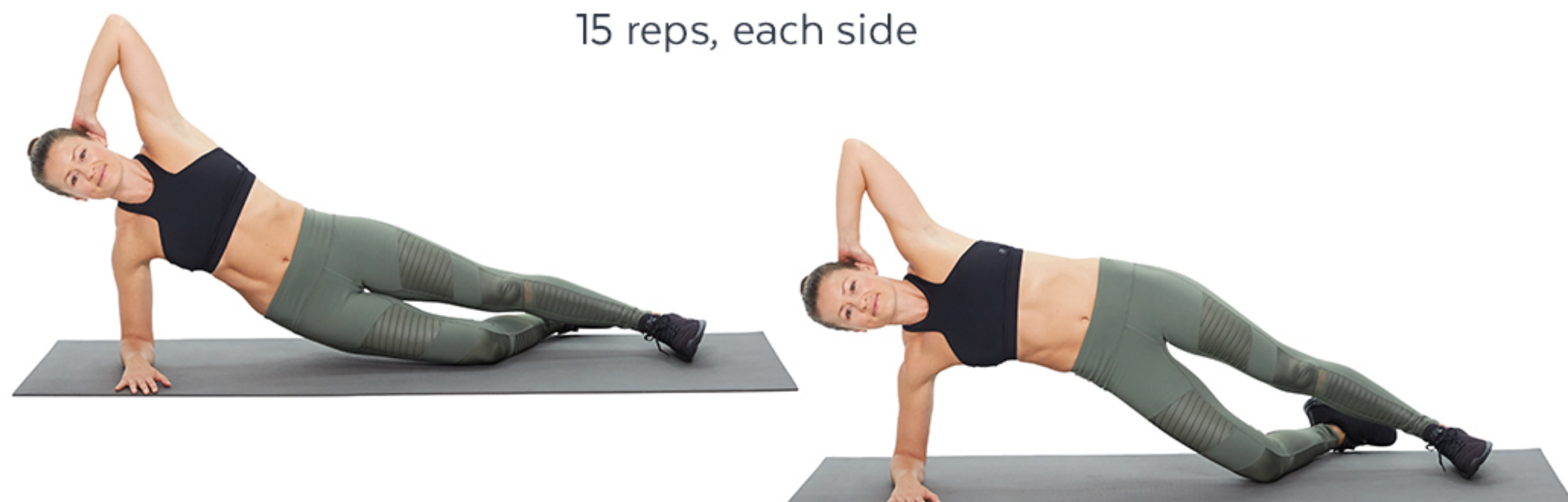
3. Straight-Arm Push-Ups

10 reps



4. Side Plank Pulse

15 reps, each side



5. Triceps Push-Ups

12 reps



6. Squat Hop and Hold

5 reps, hold squat 10 seconds



7. Wide-Grip Push-Up Walks

10 reps, alternating sides



Cooldown

3 minutes of stretching.