

Back-to-Basics Workout

Directions

Warm up with 5 minutes of light cardio, then complete as many reps as you can, keeping good form for 60 seconds. Do 3 rounds of this 5-exercise circuit, then stretch for 5 minutes to cool down.

Modification

If you're a beginner, complete as many reps as you can, keeping good form for 45 seconds and resting for 15 seconds before moving to the next exercise.



1.
Squat



2.
Push-Up



3.
Butterfly Sit-Up



4.
Alternating T-Plank



5.
Alternating Side Lunge

