**Bodyweight 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.

**Circuit 1**
1. Push-Up to Side Plank
   - 10 reps, alternating sides

2. Seated Russian Twist
   - 20 reps

3. Elbow Side Plank With Pulse
   - 20 each side

**Circuit 2**
4. Pilates Scissor
   - 20 reps

5. Slow Mountain Climber
   - 20 reps

**Circuit 3**
6. T-Cross Sit-Up
   - 10 reps, alternating sides

7. Side-Walking Plank
   - 10 reps, alternating sides

8. Standing Elbow to Knee
   - 20 reps, alternating sides

9. Up-Down Plank
   - 5 reps, each side