

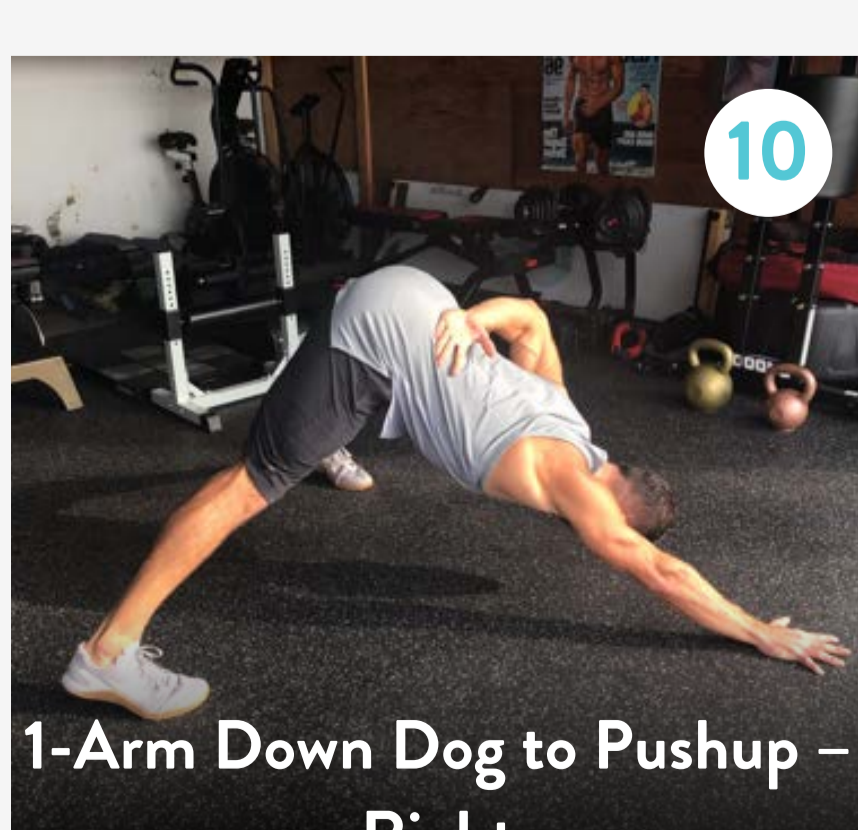
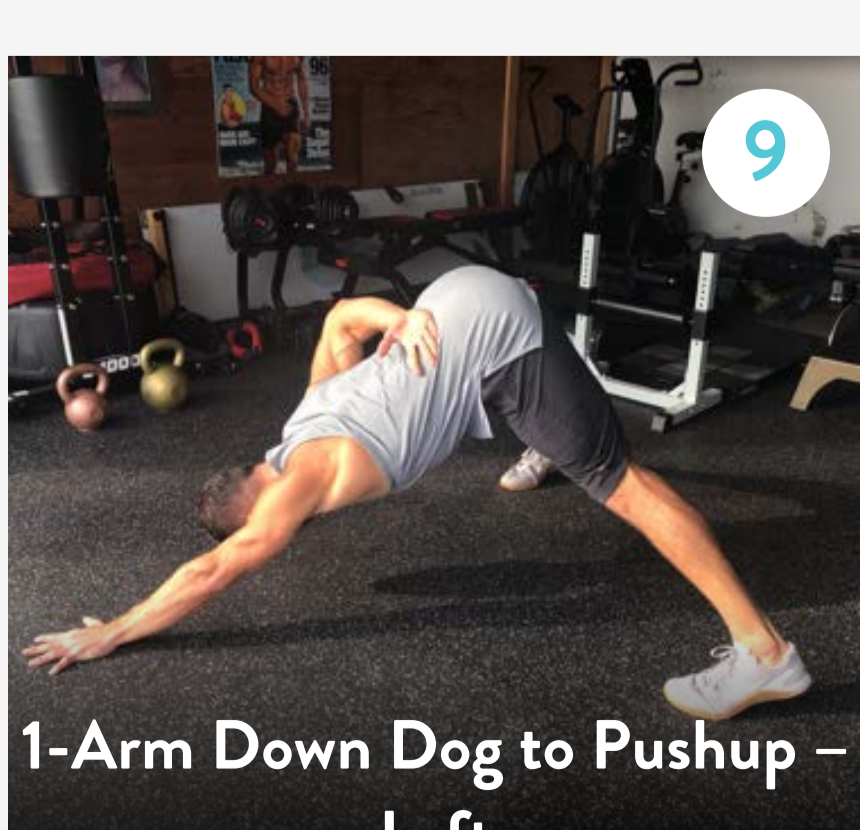
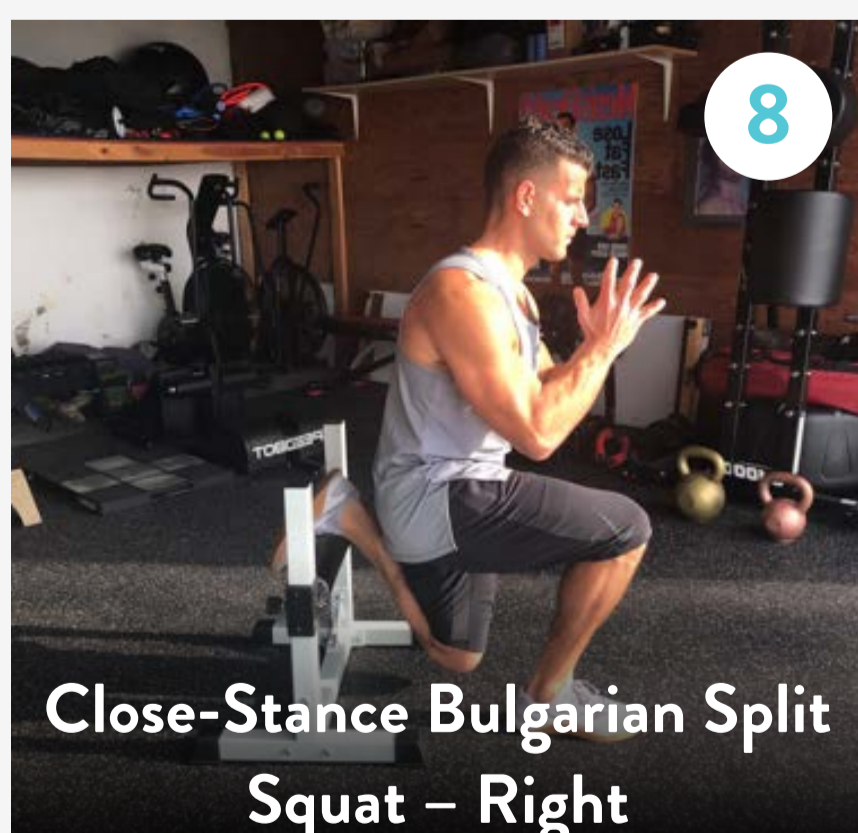
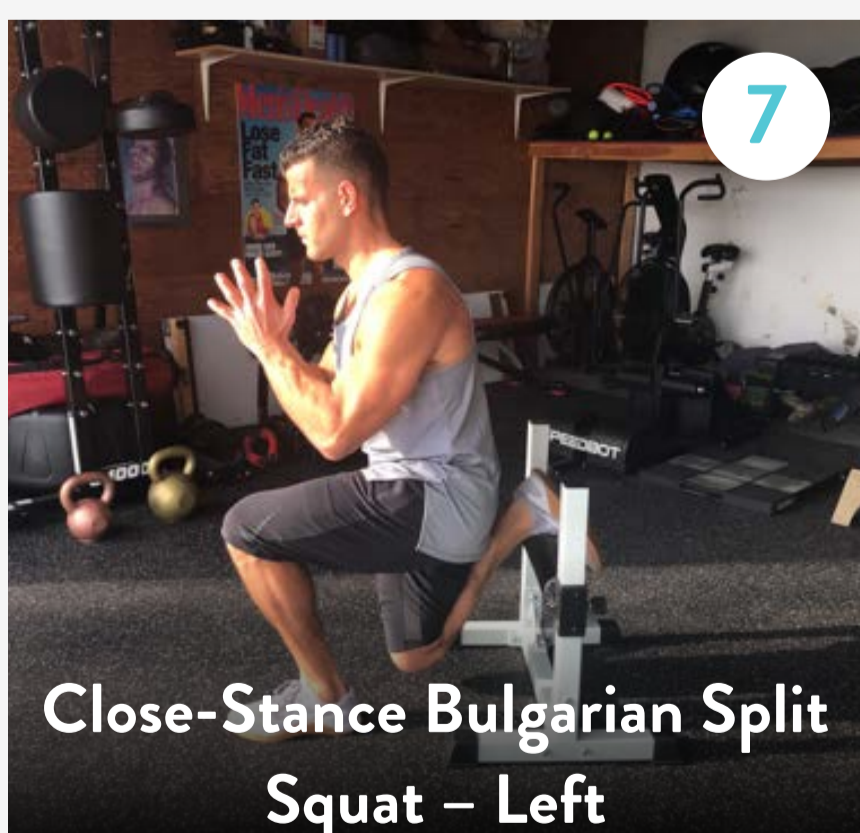
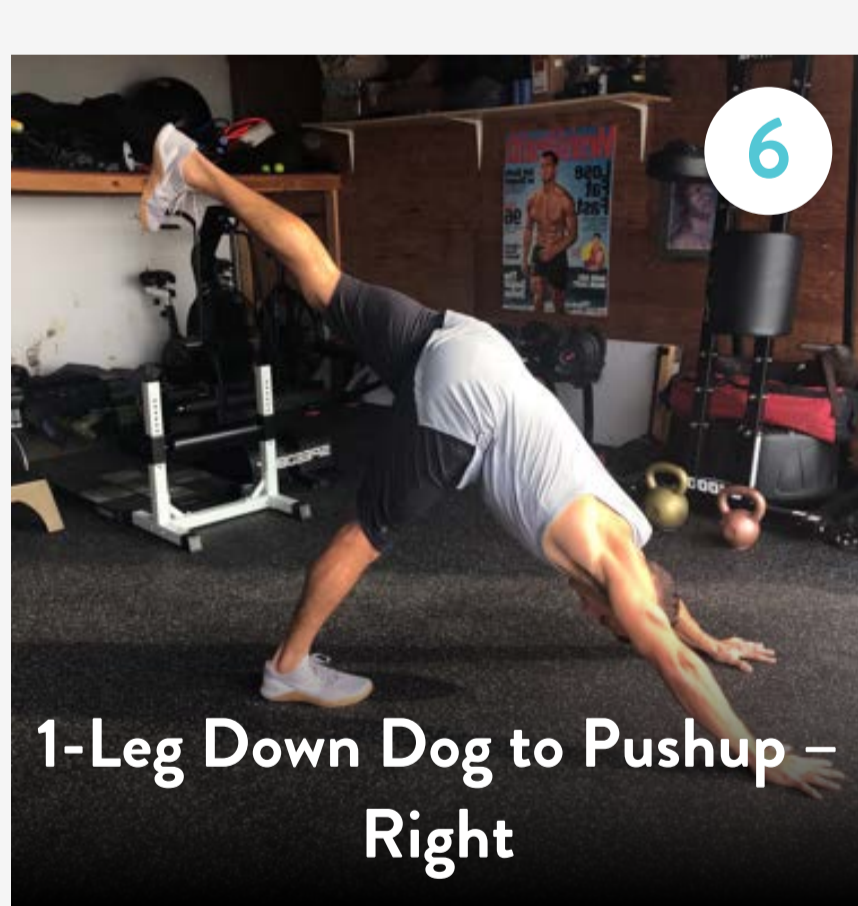
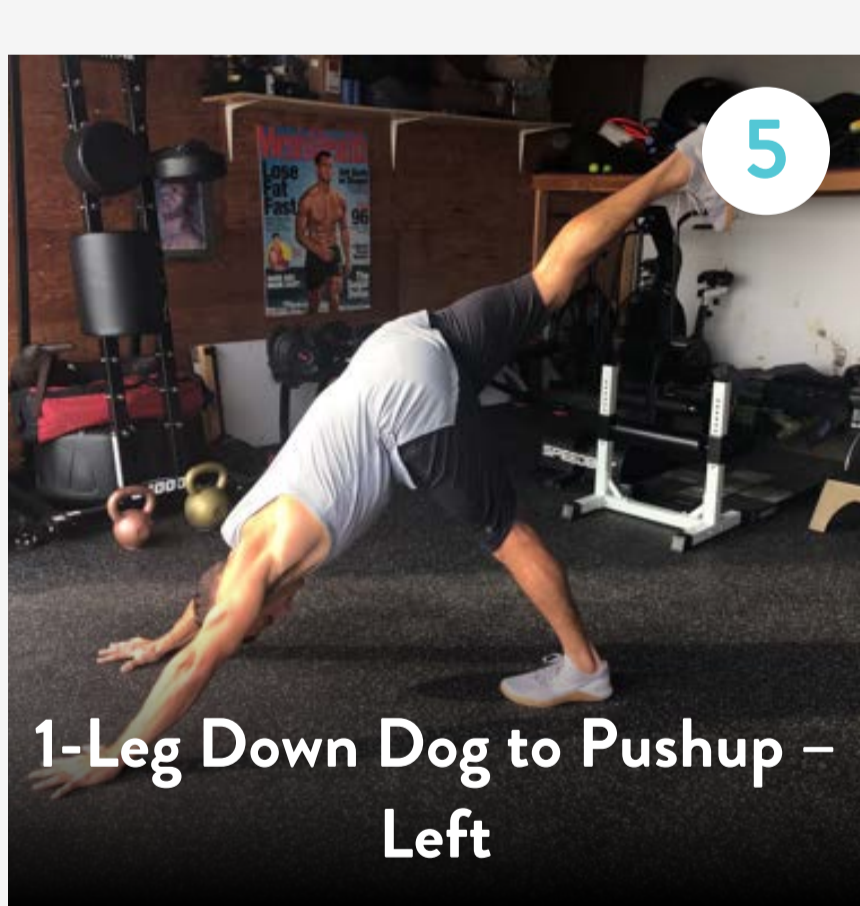
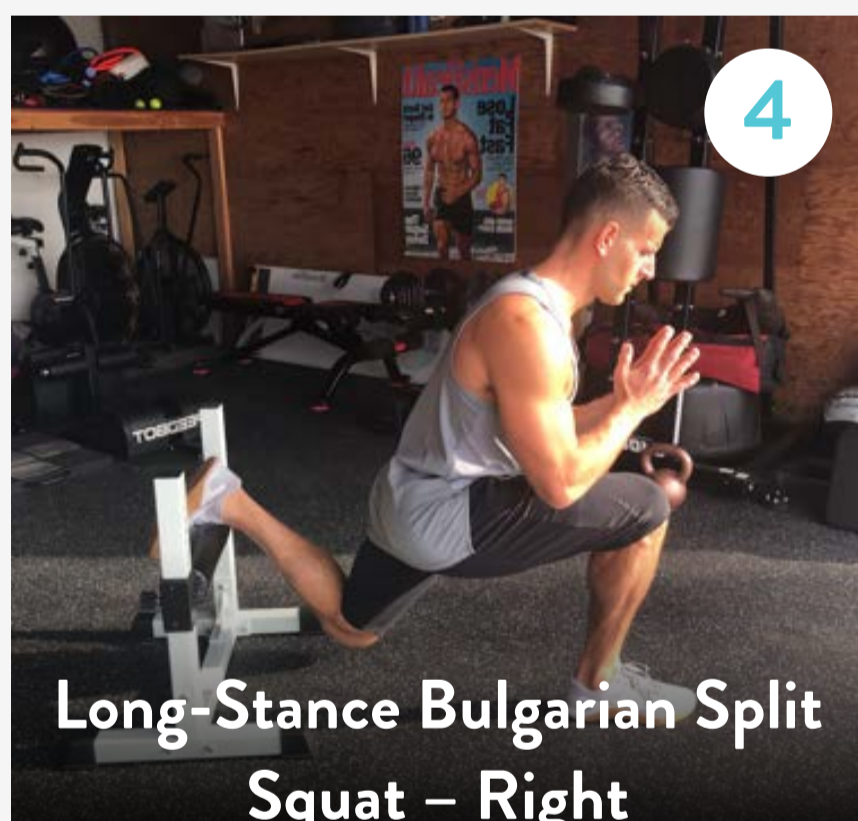
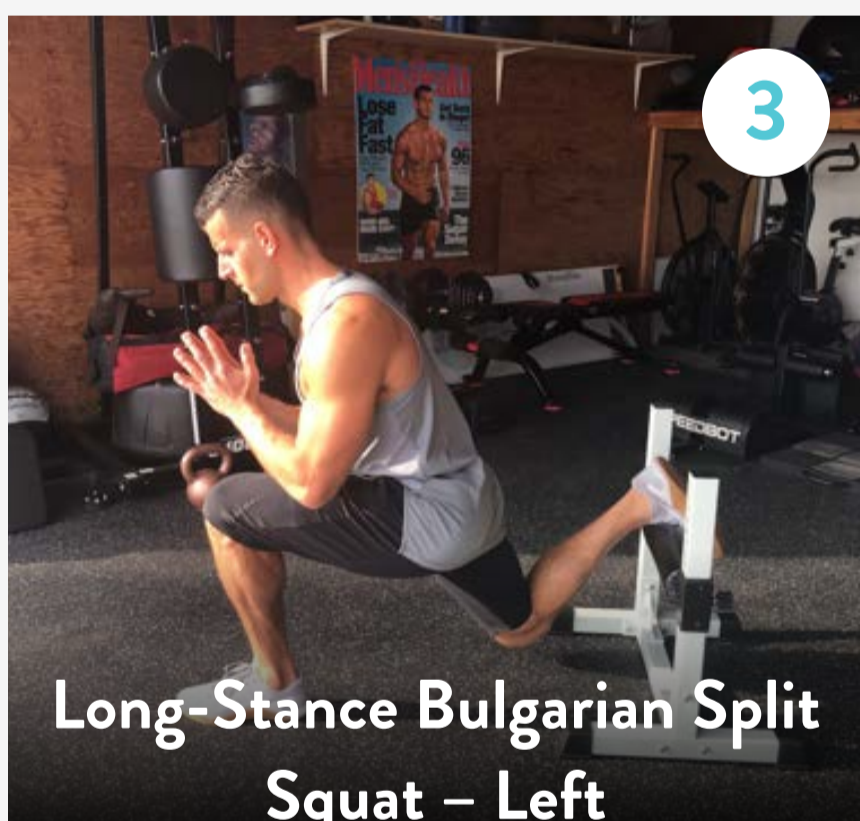
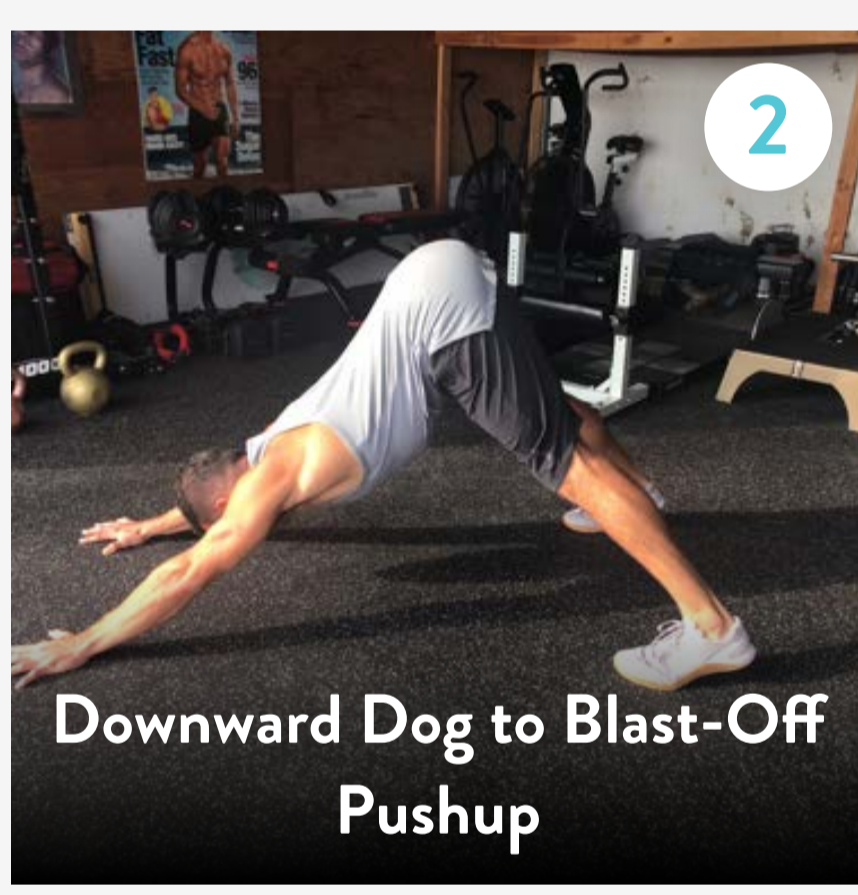
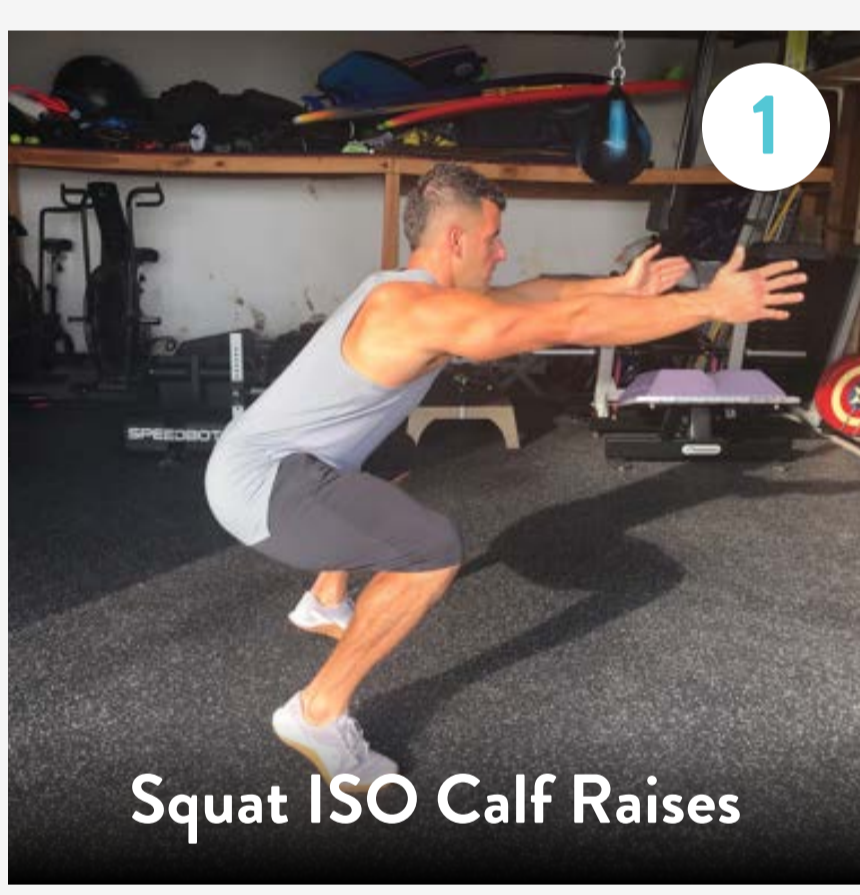
## Bodyweight

Perform each move for 50 seconds of work with 10 seconds of rest between moves:

Do up to 3 total rounds, resting 1-2 minutes between rounds.

	Exercise	Work	Rest
1	Squat ISO Calf Raises	50s	10s
2	Downward Dog to Blast-Off Pushup	50s	10s
3	Long-Stance Bulgarian Split Squat – Left	50s	10s
4	Long-Stance Bulgarian Split Squat – Right	50s	10s
5	1-Leg Down Dog to Pushup – Left	50s	10s
6	1-Leg Down Dog to Pushup – Right	50s	10s
7	Close-Stance Bulgarian Split Squat – Left	50s	10s
8	Close-Stance Bulgarian Split Squat – Right	50s	10s
9	1-Arm Down Dog to Pushup – Left	50s	10s
10	1-Arm Down Dog to Pushup – Right	50s	10s

1 Round = 10 Minutes. Repeat **3x**



See this workout at:

<https://thedailybj.vhx.tv/february-2019-workouts/videos/workout-1-equipment-free-bodyweight>