

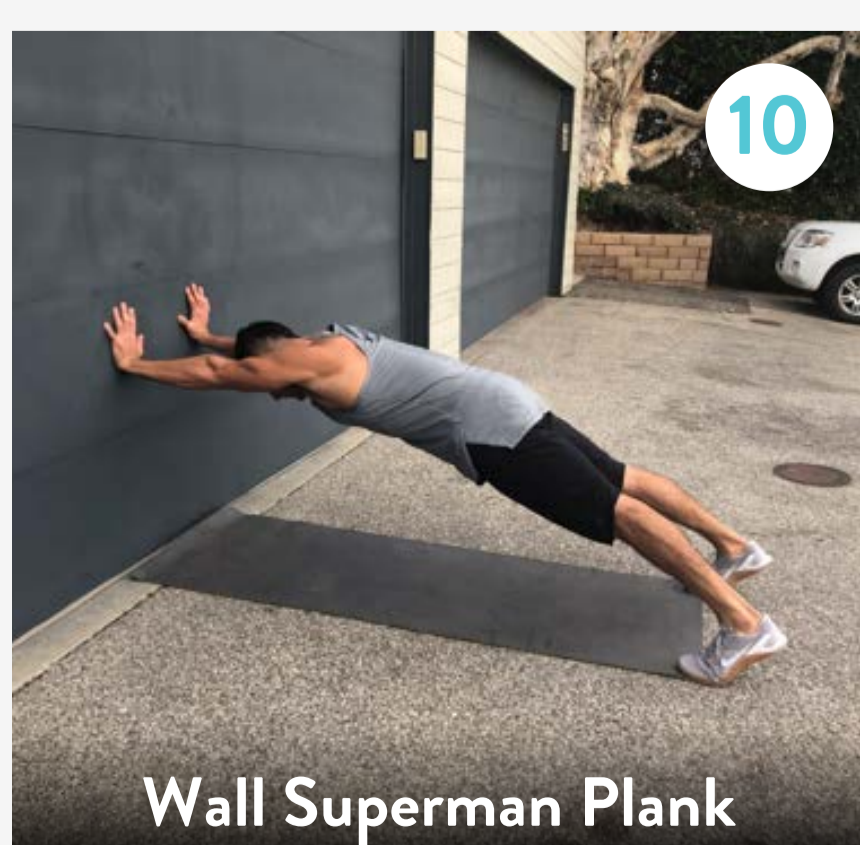
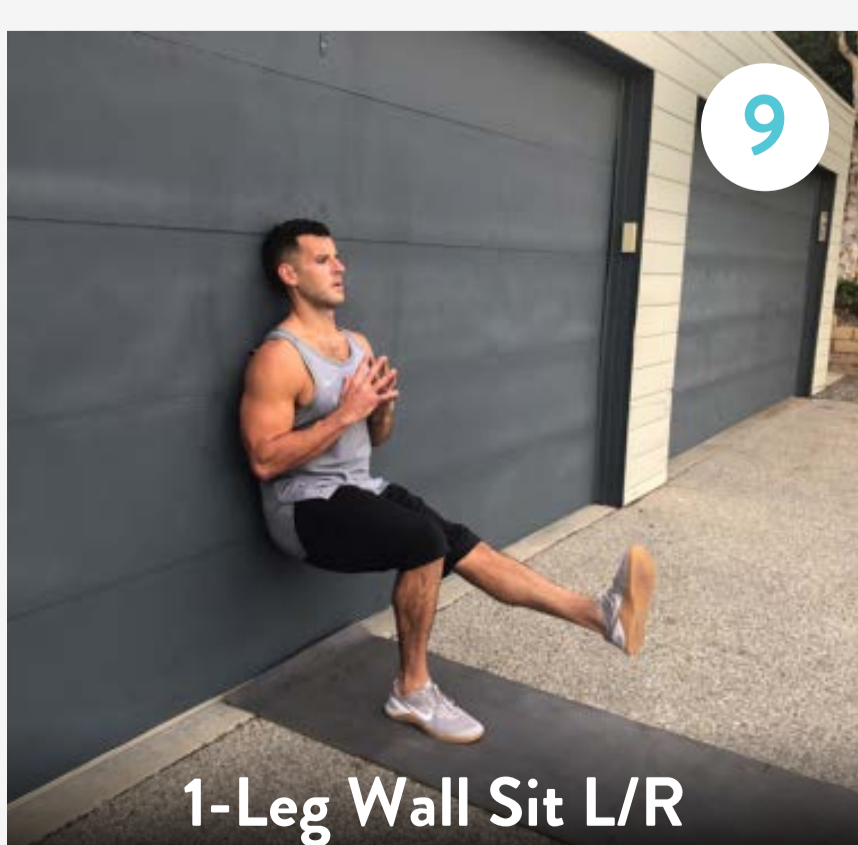
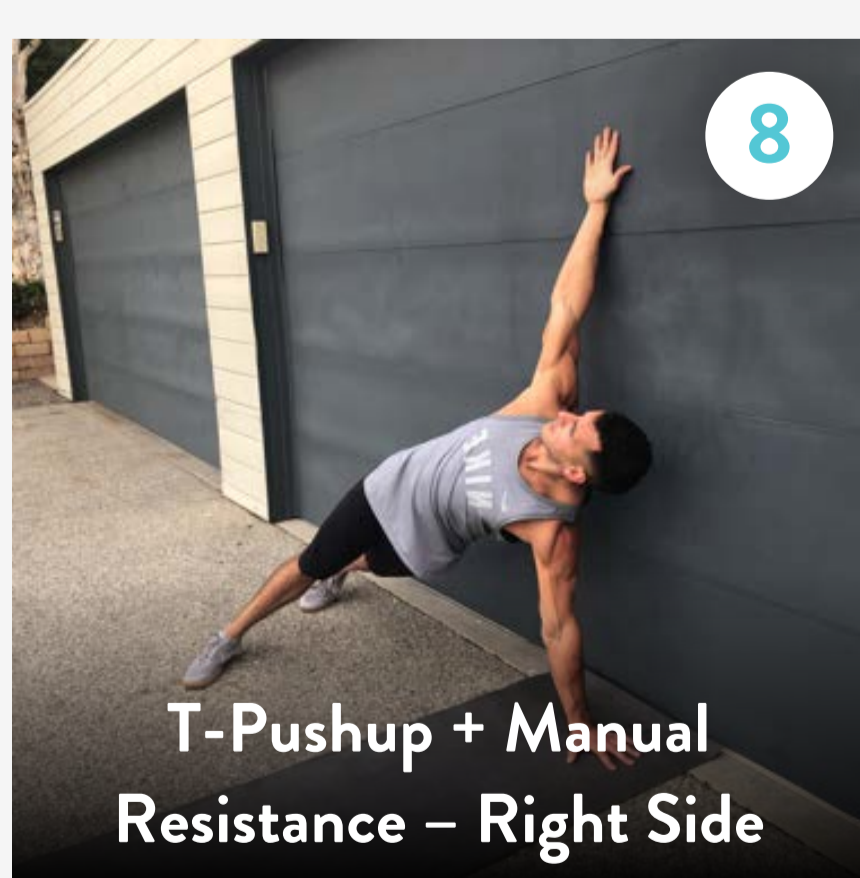
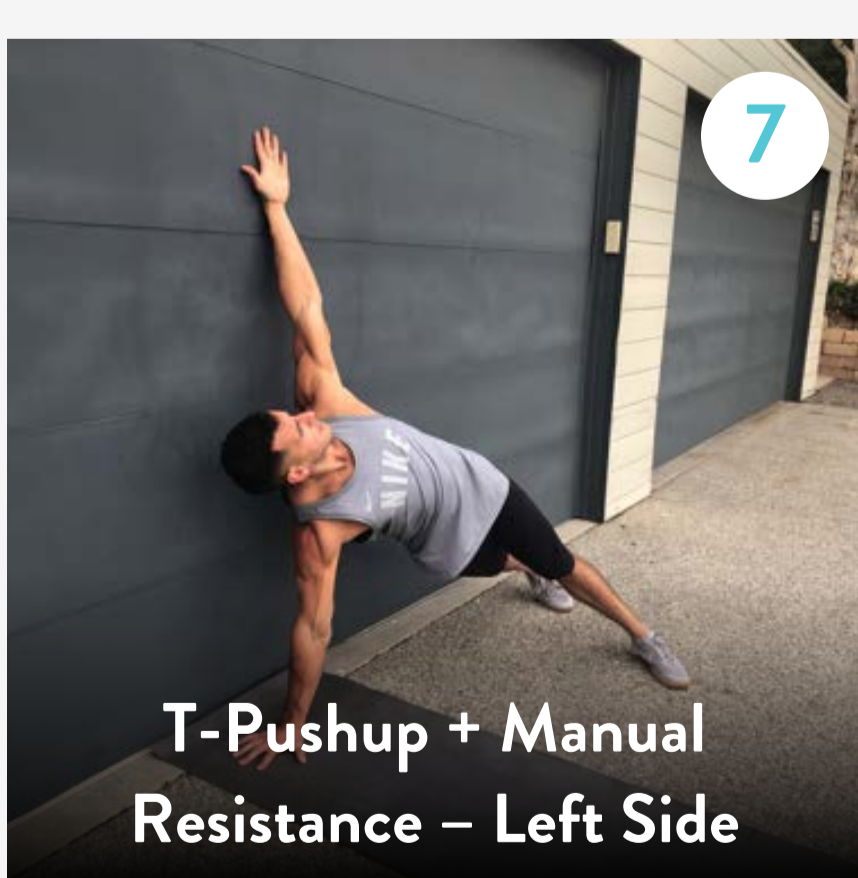
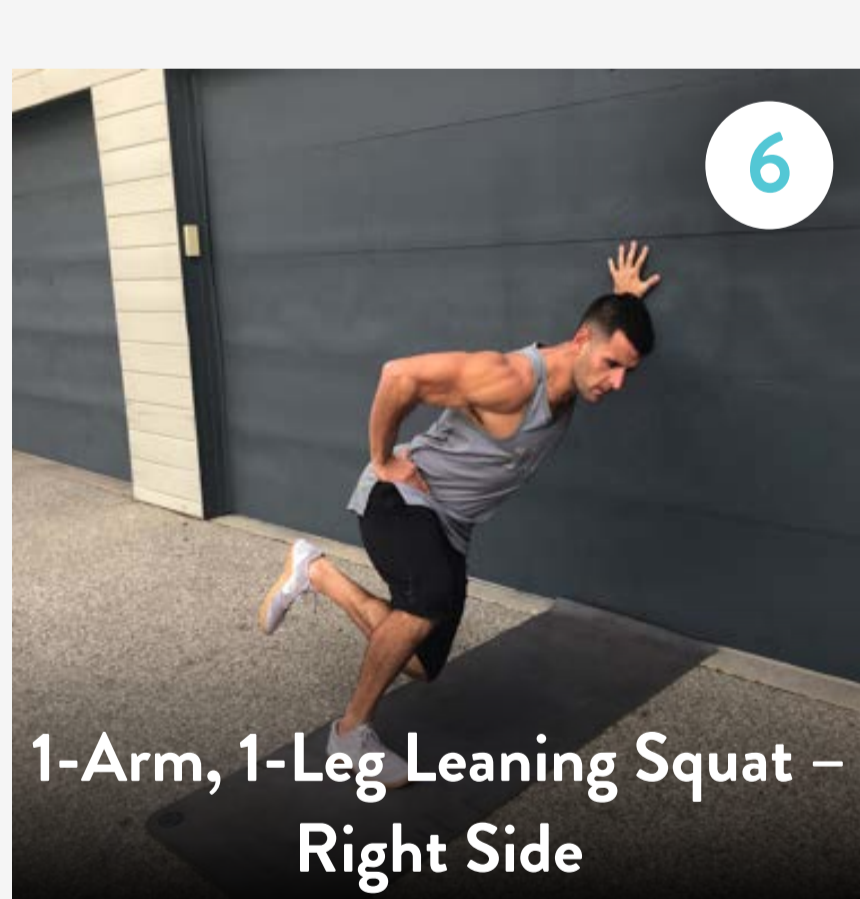
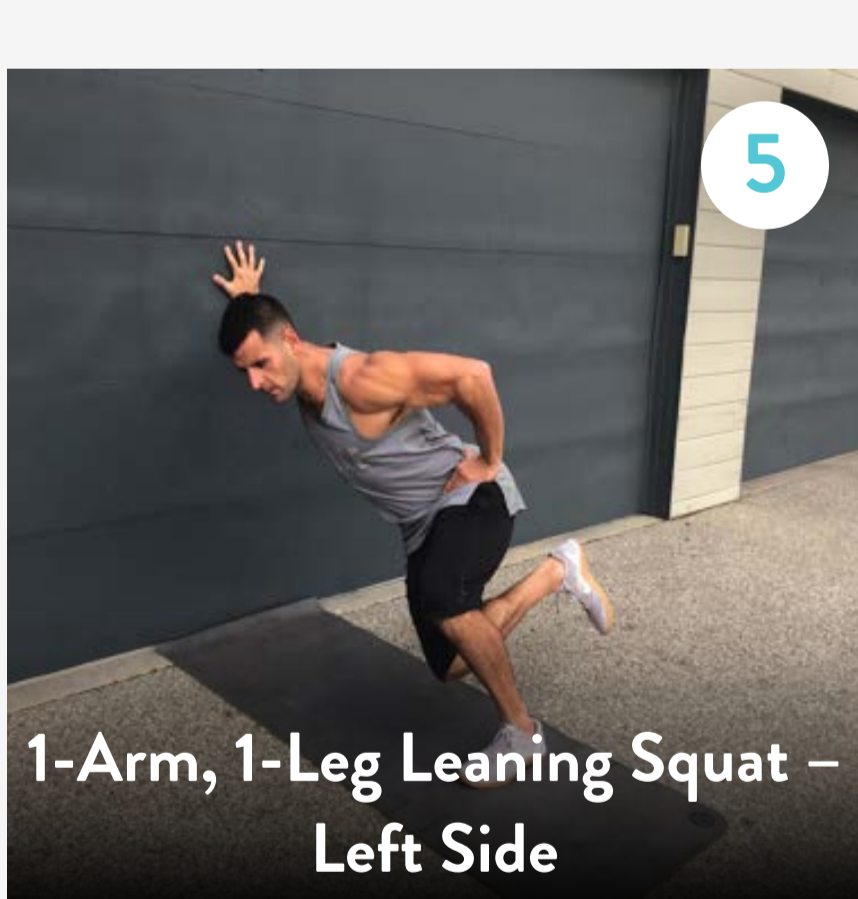
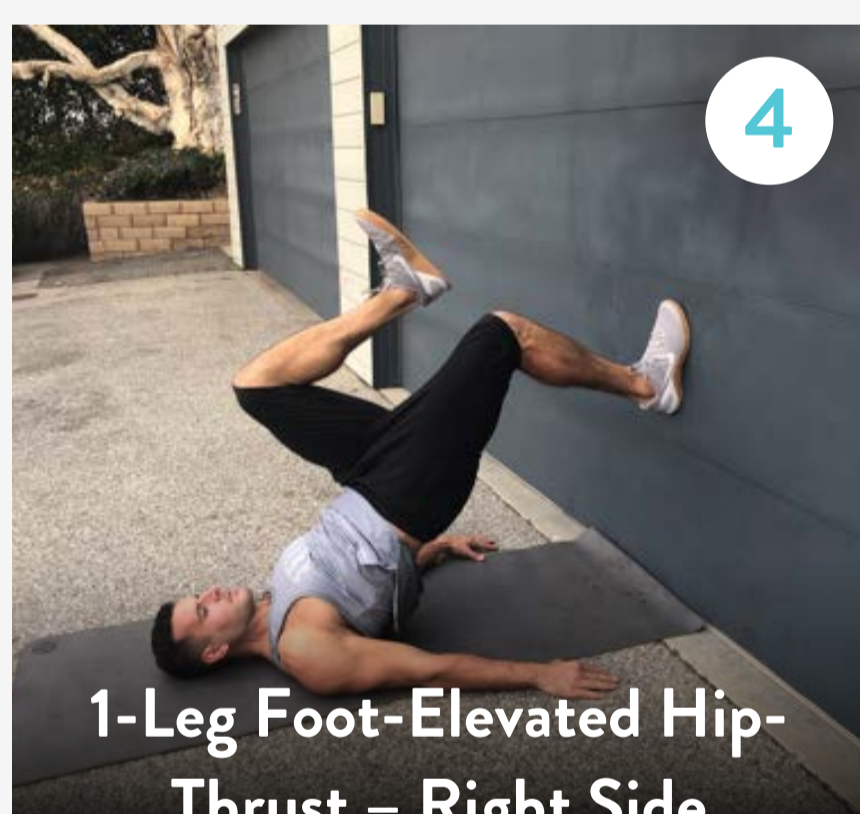
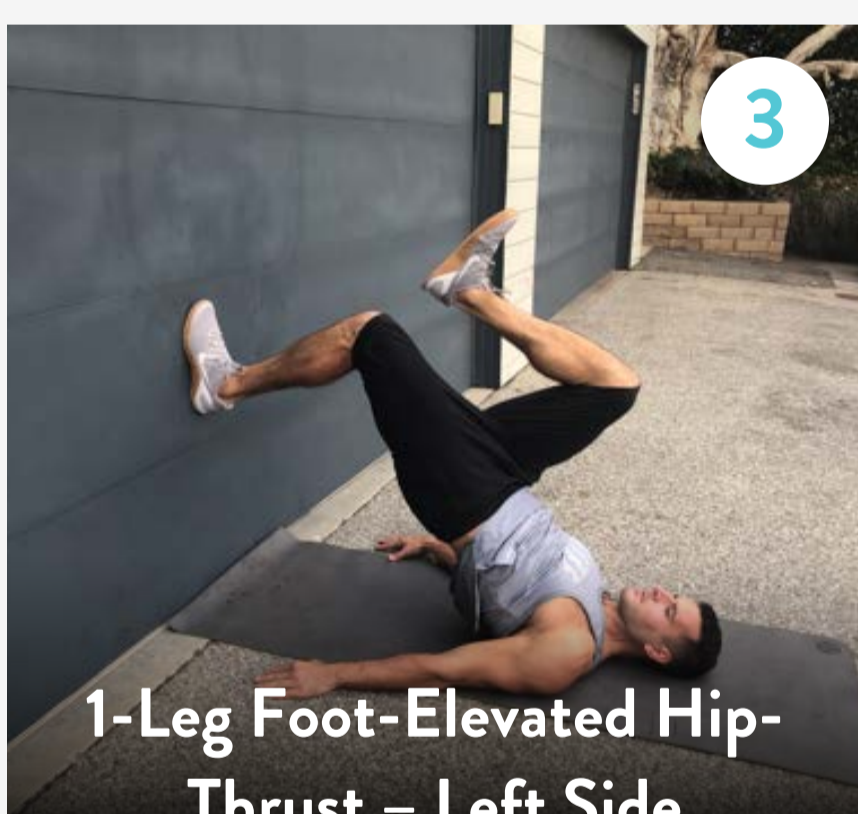
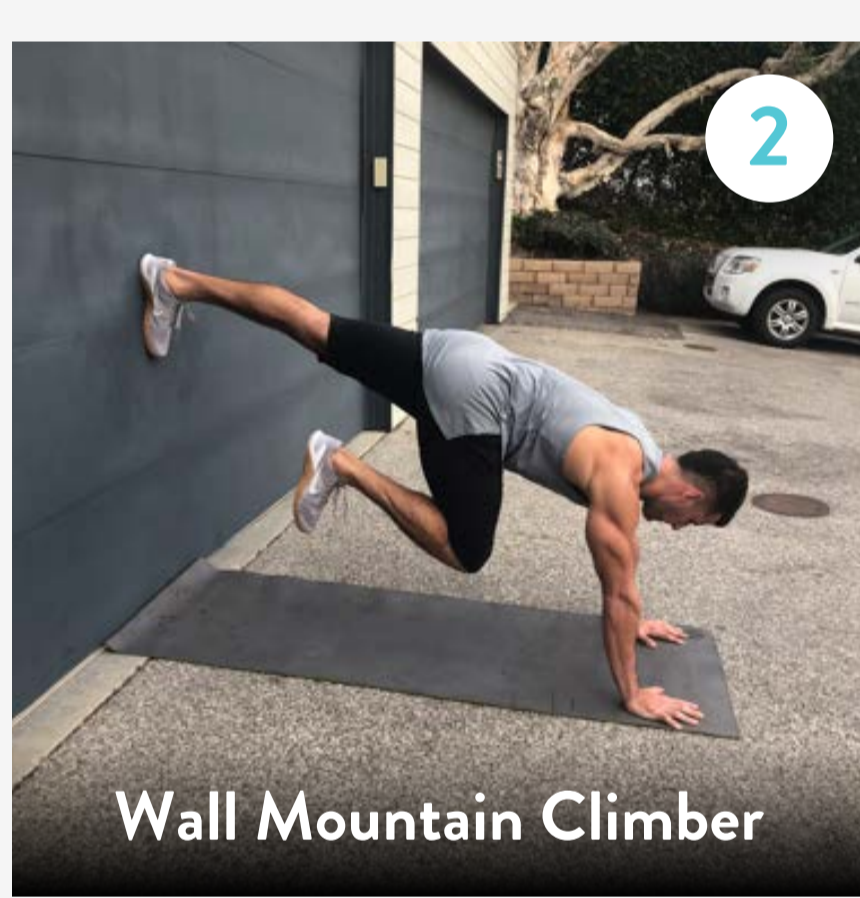
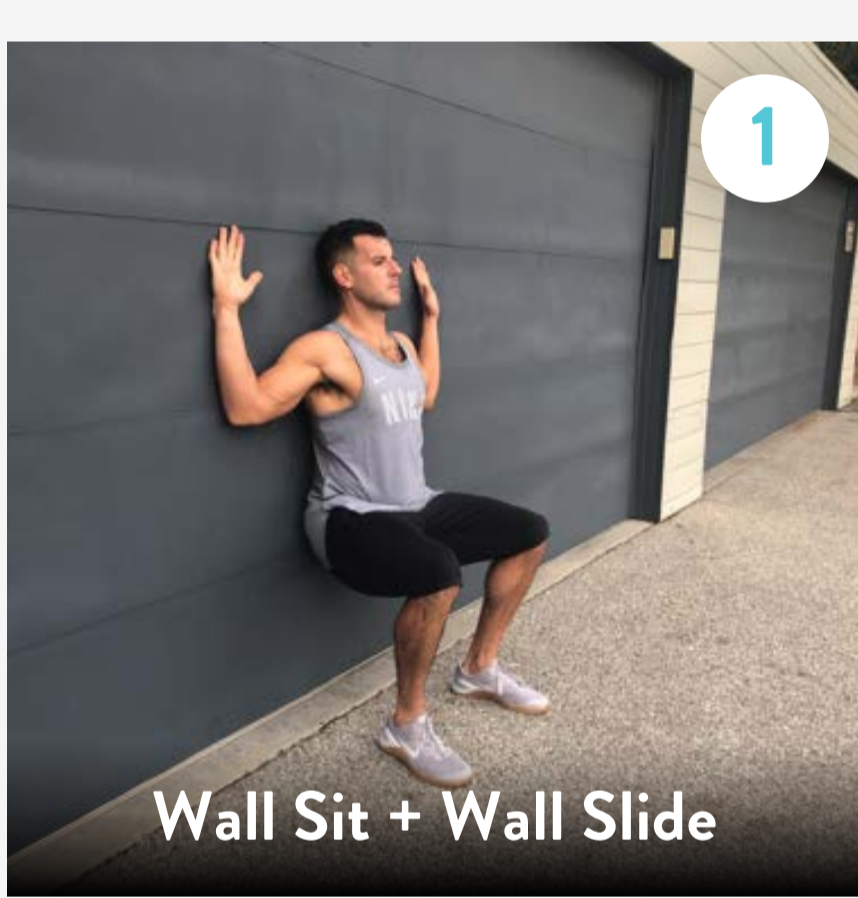
Wall & Bodyweight

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	Wall Sit + Wall Slide	50s	10s
2	Wall Mountain Climber	50s	10s
3	1-Leg Foot-Elevated Hip-Thrust – Left Side	50s	10s
4	1-Leg Foot-Elevated Hip-Thrust – Right Side	50s	10s
5	1-Arm, 1-Leg Leaning Squat – Left Side	50s	10s
6	1-Arm, 1-Leg Leaning Squat – Right Side	50s	10s
7	T-Pushup + Manual Resistance – Left Side	50s	10s
8	T-Pushup + Manual Resistance – Right Side	50s	10s
9	1-Leg Wall Sit L/R	50s	10s
10	Wall Superman Plank	50s	10s

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



See this workout at:

<https://thedailybj.vhx.tv/february-2019-workouts/videos/workout-4-wall-bodyweight>