



## Stef's Do-Anywhere Bodyweight Workout

### Get Fit On The Road!

No equipment? No problem! No excuses.

Do 10 reps of each exercise and repeat the circuit 3 times. Make it non-negotiable!

#### EXERCISE 1: Squat (with optional jump)

Hips drive back, weight on heels, jump back up to start.



[www.thefitrv.com](http://www.thefitrv.com)

#### EXERCISE 2: Inchworm

Keep legs straight, take baby steps with hands until planked, then baby step feet until piked.



#### EXERCISE 3: Lungeback Kicks

Lunge back on your right, feet together, then kick with your left. Repeat other side.



#### EXERCISE 4: Reverse Plank with Body Rock

Sit w/hands behind. Lift hips. Then roll to back.



#### EXERCISE 5: Sumo Squat with Core Crusher

Feet wide, toes point out, weight on heels, hands up in fists. Squat down, then as you come up, bring knees & elbows together. Alternate sides.



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#### EXERCISE 6: Twisting Pushups

Do pushup then rotate to right & reach arm up for one rep. Next rep rotate to left.



#### EXERCISE 7: Twisting Front Lunge

Lunge directly forward with right and then gently rotate upper body to right. Repeat left lunge with left rotation.



#### EXERCISE 8: Side Elbow Plank Twists

Get in side-elbow-plank position. Top hand behind head. Rotate top elbow down.



#### EXERCISE 9: Side-Lunge Jacks

Stand feet together in "T". Lunge sideways to right and bring left hand to right leg. Repeat other side.



#### EXERCISE 10: Superman Scapular Adductors

Lie on stomach, head down, arms bent 90 degrees. Slowly lift arms and legs and squeeze shoulder blades together.



See a video demonstration of these exercises at [www.thefitrv.com](http://www.thefitrv.com): search "Bodyweight Workout".