

EQUIPMENT-FREE STRENGTH TRAINING PLAN



- Perform each workout as a circuit, all 5 moves in a row
- 8-12 reps per exercise (unless otherwise specified)
- Rest 1-2 minutes after each circuit
- Repeat 2-3 times
- Click [here](#) for more information on each exercise!

Weekly Schedule

Monday: Lower Body & Core

Squats
Lunges
Glute Bridge
Crunches
Lying Leg Raises

Wednesday: Upper Body

Shoulder Press
Push-Ups
Mountain Climbers (20-30 seconds)
Triceps Dips
Plank (30 seconds)

Friday: Core & Mobility

Standing Knee-to-Elbow Crunch
Bird Dog
Squat to Reach Overhead
Seated Forward Fold (20-30 seconds)
Cat-Cow Stretch

*Please feel free to modify exercises as needed to match your fitness level