

Jump Start Your Day with a Morning Workout

Bodyweight exercises are some of the most common and beneficial exercises that you can do. These exercises do not use free weights or any other type of machine or equipment.

All you'll need is your own bodyweight as the sole form of resistance for this workout. By including bodyweight exercises in your regular fitness routine, such as pull-ups, push-ups, crunches, and lunges, you can strengthen your body without needing a gym, outside tools or equipment of virtually any kind.

The following sequence is a great way to start off your day. However, it is recommended that you warm up for 3 to 5 minutes before starting your first round. Perhaps march or jog in place or do a few low impact jumping jacks just to get your body ready for the workout. If you have any medical condition or limitation, please consult with your physician before starting any workout routine.

And don't forget to stretch at the end. Then go out and have a fantastic day!!!

Wake up! & make it happen workout

beginner: 3 sets
intermediate: 4-5 sets
advanced: 6 sets



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