

FIT CHICKS®

Body Weight Countdown WORKOUT

This bodyweight workout is awesome because you can do it anywhere (even in a hotel) and since you don't need equipment you have zero excuses!

60 second wall sit
50 bodyweight squats
40 alternating lunges
30 jumping jacks
20 triceps dips
10 push ups

Choose your intensity!

Level 1 - step out the jacks and do wall push ups

Level 2 - do the workout as is

Level 3 -add weight if you have them!

