**15-min Intense Bodyweight Workout**

15 min · Abs, Arms, Legs

Time's a passin' and we only have 15 minutes for this one, so let's get started! Complete each exercise with minimal rest between each set and then move straight on.

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<th>Exercise</th>
<th>Sets</th>
<th>Reps/Secs</th>
<th>Rest</th>
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<td><strong>Diamond Push Ups</strong></td>
<td>2</td>
<td>10 reps 20 sec</td>
<td>no rest</td>
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<tr>
<td><strong>Bicycles</strong></td>
<td>2</td>
<td>30 secs 15 sec</td>
<td>no rest</td>
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<tr>
<td><strong>Burpees</strong></td>
<td>1</td>
<td>10 reps</td>
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</tr>
<tr>
<td><strong>Crab Toe Touches</strong></td>
<td>2</td>
<td>12 reps 20 sec</td>
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<tr>
<td><strong>Double Crunches</strong></td>
<td>2</td>
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<tr>
<td><strong>Jumping Jacks</strong></td>
<td>1</td>
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<tr>
<td><strong>Mountain Climbers</strong></td>
<td>2</td>
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<tr>
<td><strong>Hip Raises</strong></td>
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<tr>
<td><strong>Twisting Jump Squats</strong></td>
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<td>no rest</td>
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Let's do this! Narrow push ups will force the triceps to work overtime, get those guns of steel!

Try to do these non stop for 30 seconds!

Oh those burpees! Thankfully, we only have one set of these!

Engaging your core, make sure to touch each foot 6 times per set.

Crunch time!

1 minute is all you need!

Go non-stop for 30 seconds!

I prefer to call these 'pelvic thrusts'. I don't know why... Thrust away!

Finish out with these and you're done! How long did it take you?
Diamond / Pyramid / Triceps Push-ups / Pushups

Primary muscle group(s):
Triceps

Secondary:
Abs, Chest, Shoulders

Position yourself on all fours on a mat.
Place your hands in front of you and shoulder-width apart.
Now bring your hands in towards the center until the tips of your index fingers and tips of your thumbs are touching. This creates a diamond shape between your hands. Your elbows and wrists should be in line with your chest.
With your fingers facing forwards, lift off your knees so that your body forms a straight line and just your hands and toes touch the floor.
Keep you pelvis straight and abs engaged and aim to keep a straight back throughout the movement.
Bend your elbows and lower your body towards the floor, aiming to touch your chest to the top of your hands. Pause briefly.
Return to the starting position by extending your elbows and lifting your body off the floor again.
Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

Primary muscle group(s):
Abs, Obliques

Secondary:
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.
Curl your torso upwards so your shoulders are slightly raised off the floor.
Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.
Slowly move your legs in a pedaling action as if you are riding a bicycle.
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.
After each crunch, return to the start position inhaling as you do so.
Without pausing, repeat the movement to the other side.
Repeat without pausing for the desired number of repetitions to each side.

⚠️ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.
**Burpees / Squat Thrusts**

**Primary muscle group(s):**
Abs, Glutes & Hip Flexors

**Secondary:**
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.

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**Crab Toe Touches**

**Primary muscle group(s):**
Hamstrings, Lower Back, Quadriceps, Shoulders, Upper Back & Lower Traps

**Secondary:**
Abs, Calves, Obliques

Sit on the floor with your feet in front of you and hands behind you. Your fingers can be pointed towards the side or behind you. With your feet on the floor, lift your hips skyward. Pause when your body is parallel with the floor.

Focusing on contracting the core first, bring your right hand up while simultaneously lifting your left leg up. Touch your right hand to your left toes.

Slowly return to the elevated position and switch sides. Bring your left hand to your right toes. Keep alternating back and forth.
**Double Crunches**

**Primary muscle group(s):**
Abs

Lie on your back. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Place your hands behind your head and bring your shoulders off the ground.

Exhale and contract your abdominals. Bring your head towards your knees while moving your knees toward your chest.

Pause and return to the starting position.

**Jumping Jacks / Star Jumps**

**Primary muscle group(s):**
Glutes & Hip Flexors, Quadriceps

**Secondary:**
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

⚠️ This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.
Your body should be in a straight line, with your weight supported on your hands and toes only.
Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.
Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.
Continue alternating in this manner for the desire amount of time.

Hip Raises / Butt Lift / Bridges

Primary muscle group(s):
Glutes & Hip Flexors, Hamstrings

Secondary:
Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.
Place your hands out to your sides palms flat for stability.
Raise your glutes off the floor by extending your hips upward while pushing down through you heels.
Continue until your back, hips and thighs are in a straight line. Hold for a count of one.
Return to the start position by lowering your hips back to the floor.
Pause then repeat.
180 / Twisting Jump Squats

Primary muscle group(s):
Calves, Hamstrings, Quadriceps

Secondary:
Abs, Glutes & Hip Flexors

Begin standing tall with a tight core. Your chest will be up and your gaze will be straight ahead. Bend at the knees and drive your hips back as you lower yourself into a squat position.

Launch yourself up while simultaneously twisting to the other side. Your body will perform a 180 degree turn in midair.

Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.