

THE LIFESTYLE MEDICINE MAN BODYWEIGHT WORKOUT



Get up between 5-7am



Hydrate immediately



Don't look at your phone!

BUILD YOUR PHYSICAL AND EMOTIONAL WELLBEING

Do the following **3 sequences and repeat each 3 times**. Don't force it, do it mindfully with a nice even pace. If you're a newbie do one of each sequence and build up slowly over time to 3. **If you don't know the movements google them.**

1

20x Legs Only Dead Bug

- Alternate left and right so total of 10 on each side
- Make sure to keep lower back on the ground

10x Push-Ups

- Try knee push-ups to start with

30x Mountain Climber

- Alternate left and right, so total of 15 on each side

REPEAT
SEQUENCE

3X

2

20x Scissors

- Alternate left and right so total of 10 on each leg
- Make sure to keep lower back on the ground

10x Tricep Chair Dips

20x Cross Body Mountain Climber

- Alternate left and right, so total of 10 on each side

REPEAT
SEQUENCE

3X

3

10x Lunges

- Alternate left and right so total of 10 on each leg

10x Incline Push-Ups

- Use chair or stable surface

20x Dead Bug

- Full Dead Bug (arms and legs)
- Alternate left and right so total of 10 on each leg

REPEAT
SEQUENCE

3X