

## TexFit 2018 - Nothing but Body Weight

Equipment: Mat

### Warm-Up:

Knee Hugs  
Hip Openers  
Alternating Reverse Lunges + Reach  
Tin Soldiers  
Bottom Up Squat  
Walkouts + Legs  $\pm$  Pushup

### Workout:

Basic  
Mobility  
Cardio  
Stability

### Round 1: Squat

:45 + :30 Squat  
:45 + :30 Y-Squat  
:45 + :30 Drop Squat  
:45 + :30 Y-Squat Hold/Pulse

### Round 2: Lunge

:45 + :30 Stationary Lunge  
:45 + :30 Glute Activation Lunges  
:45 + :30 Split Lunges  
:45 + :30 Reverse Lunge + Knee Drive

### Round 3: Pushup

:45 + :30 Pushup  
:45 + :30 T-Spine Rotation  
:45 + :30 Mt. Climbers  
:45 + :30 I, Y, T, W, O Formation

### Round 4: Plank

:45 + :30 Plank  
:45 + :30 Scapular Pushups  
:45 + :30 Plank Tuck Jumps  
:45 + :30 Single leg, Single arm Plank

### Cool Down:

Child's Pose  
Walk hands over to sides  
Thread the needle  
Modified Runner's Lunge  
Hamstring Stretch  
Slowly Roll Up  
Quad stretch  
Breaths