

Body Weight Workouts

Here are some exercises ideas if you're interested.

Mix and match to create your own workout. You could do circuit training, multiple sets, etc.

Forward to Reverse Lunges

Squats

Side Lunges

Sideways Step Squats

Pushups

Chair Dips

Mountain Climbers

Skate Hops

Jump Squats

Wide Pushups

Diamond Pushups

Single Leg Kickbacks

Single Leg Glute Bridge

Forearm Side Plank Twist

Side Plank Dips

Burpees

Single Legs Jump and Reach

Plank Star

Plank Hops