



WORKOUT C: Bodyweight

Workout C: 50-10 Bodyweight Wheel Workout

- 20-minute Express Workout
- Use the custom interval timer provided in the video description or set your own timer at 50 seconds of work and 10 seconds of rest alternating between the “hub” and the “spokes”. Rest 1 minute between cycles.

Hub: Lateral 3-Step Variation

- Spokes:**
1. 1-Leg Dead Stop Push-up Left
 2. 1-Leg Dead Stop Push-up Right
 3. Stick Swing Lunge Left
 4. Step-up to Lunge Right
 5. Breakdancer

Workout Notes:

- * *Start slow with the Lateral 3-Step and slowly begin to build up tempo*
- * *Match your breathing cadence with each specific exercise*
- * *Make your post-workout report in the comment section of the video.*