

X1: BODYWEIGHT

by **BJ Gaddour**



Workout Goals

- **Master core training basics**
- **Mobilize hips & improve gait**
- **Bulletproof spine & shoulders**

	Exercise	Work	Rest
1	Split Switch Stretch	0:50	0:10
2	Bridge March	0:50	0:10
3	Wall March	0:50	0:10
4	Hollow-Body Hold	0:50	0:10
5	Stationary March	0:50	0:10
6	L-Side Plank Hold	0:50	0:10
7	Stationary Run	0:50	0:10
8	R-Side Plank Hold	0:50	0:10
9	Lateral 3-Step to Balance	0:50	0:10
10	Front Plank Hold	0:50	0:10

**Perform this circuit twice
for a 20-minute full-body
fat-burning workout!**

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