

X7: BODYWEIGHT

by *BJ Gaddour*



Workout Goals

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

	Exercise	Work	Rest
1	L-Leg Wall Sprinter Stretch	0:50	0:10
2	R-Leg Wall Sprinter Stretch	0:50	0:10
3	Hollow-Body Runner	0:50	0:10
4	L-Leg 1.5 Stationary March	0:50	0:10
5	R-Leg 1.5 Stationary March	0:50	0:10
6	Rolling Side Plank ABDuction	0:50	0:10
7	Fast Feet to Stationary Run	0:50	0:10
8	Rolling Side Plank ADDuction	0:50	0:10
9	Lateral 3-Step to Balance Lunge	0:50	0:10
10	Alternating Arm & Leg Front Plank	0:50	0:10

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

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