

THE BUSY WOMAN'S WORKOUT

5 FULL-BODY MOVES + NO EQUIPMENT

Warm up with 5 minutes of light cardio, then perform this 5-exercise circuit 3 times. Cool down with 3 minutes of stretching.

Burpee With Push-Up 10 REPS



Bridge With Leg Kick 10 REPS, EACH SIDE



Elbow Plank With Leg Raise

20 REPS, ALT. SIDES



Surrenders 12 REPS



Tabletop Reach 12 REPS, ALT. SIDES

