



Strong like an Ox

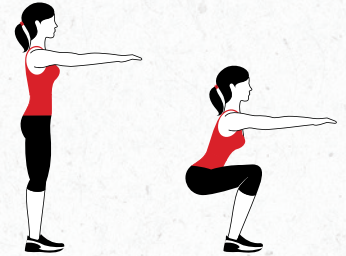
WEIGHT-FREE STRENGTHENING WORKOUT



Squats/Weighted Squats

15-18 REPS x3

PRO TIP: hold a medicine ball or any low-weight object at chest-height to increase the difficulty of this workout.



Mountain Climbers

12-15 REPS x3



Plank/Forearm Plank

15-20 SECS x3

PRO TIP: if your wrists get tired, use your forearms instead, making sure to keep your core tight.



Chair Tricep Dips

15-18 REPS x3

PRO TIP: use a stationary chair that does not fold to achieve the best stability.



Crunches

25-30 REPS x4

