



WWW.MIGUELSBOOTCAMP.COM

Body Weight 5 x 20

This circuit consists of 5 body weight exercises - 20 reps of each, repeated 3 times.

Step 1 - Warm up with 5 minute jog or 10 minute walk.

Step 2 - Complete all 5 exercises in succession, rest for 2 minutes, repeat entire circuit 2 more times.

That's it! Great job 😊

Here are the exercises:

- (1) Body Weight Squats x 20
- (2) Plank Belly Blaster x 20 (to make harder elevate your forearms)
- (3) Body Weight Lunges x 20
- (4) Standing Body Weight Flies x 20 (controlled movement, wall sit for more challenge)
- (5) Side Straddle Hops x 20 (jumping jacks)

1



2



3



4



5



WWW.MIGUELSBOOTCAMP.COM