## Bodyweight Circuit

- **Cossack Squats**: Use a wide stance and shift your weight to one side while bending your knees. Repeat 30 seconds for each leg.

- **Towel Pull**: Lay flat on your stomach with arms extended holding a towel. Try pulling the towel in two while pulling it towards your body. Then, return to starting position. Repeat 30 seconds.

- **Wall Sits**: Sit on a wall with knees bent at a 90 degree angle for 1 minute.

- **Mountain Climbers**: Get into a push up position. Bring your leg across your body so your knee is near your elbow, then repeat with opposite leg. Perform for 30 seconds.

- **Push-Ups**: Maintain a straight back while lowering chest to floor. Exhale while coming up. Perform 30 seconds.

- **Bicycle Crunches**: Sit on the floor with feet off the ground and hands behind your ears. Rotate your body bringing your elbow to your opposite knee. Perform for 30 seconds.

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15 minute at home workout. Perform in a circuit three times.