



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



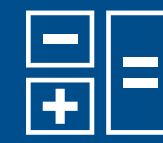
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BACKYARD BODYWEIGHT WORKOUT: TAKE IT OUT BACK!

Escape the confines of your gym and hit the great outdoors for some sun-soaked exercise. This challenging bodyweight routine can be performed by adults and kids alike.

Link to Workout: <https://www.muscleandstrength.com/workouts/backyard-bodyweight-workout>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 20-30 Mins

Equipment: Bodyweight,

Author: Sarah Kesseli

Backyard Bodyweight Workout

Exercise	Sets	Reps
Jumping Jacks	1	30 Secs
Push Ups (Drop to Knees if Needed)	1	30 Reps
High Knees	1	30 Secs
Bodyweight Squats	1	30 Reps
Mountain Climbers	1	30 Secs
Walking Lunges	1	30 Each Leg
Lateral Jumps	1	30 Secs
Bicycle Crunches	1	30 Reps
Plank	1	30 Secs

Perform this workout 3 - 4 times each training day.