

# **BODY WEIGHT ONLY**

## **PULL WORKOUT**

### **SUPERMAN**

3 sets, 10 reps, 2 min rest

### **REVERSE SNOW ANGEL**

3 sets, 10 reps, 2 min rest

### **LAT PULLDOWN WITH TOWEL**

2 sets, 10 reps, 2 min rest

### **LYING BACK EXTENSIONS**

2 sets, 8-12 reps. 2 mins rest

### **LEG RAISES**

2 sets, 8-12 reps. 2 mins rest