

BODY WEIGHT ONLY

PUSH WORKOUT

PUSH UPS

2 sets, 3 mins rest

TRICEP (CLOSE-GRIP) PUSH UPS

2 sets, 8-12 reps. 2 min rest

BODYWEIGHT PLANK

2 sets, 45 sec timed

SIDE PLANK WITH LATERAL RAISE

2 sets, 10 reps per side