MISSION movement

Try this at home bodyweight workout!

Timed Option: Set your timer to 30 seconds active, 10 second rest (The Interval Timer App is great for this).
Rep Count Option: Complete each exercise for 10-20 reps
Complete each round 2-3 times and take a 1 minute break in between rounds.
Challenge yourself by increasing time or reps week over week!

ROUND 1

1

MARCH IN PLACE

Stand tall with your feet hip-width apart.
Lift knees to waist height while swinging opposite arms, alternating legs.

2

ARM CIRCLES

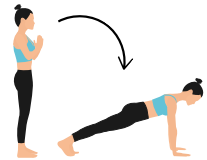
Extend arms out and make small circles forward for one round and backward for second round.

3

SQUATS

Stand with your feet shoulder-width apart. Bend your knees and lower your hips back and down as if sitting in a chair.
Keep your chest up, weight in your heels then press back to standing.

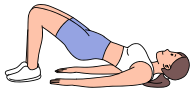
4



INCH WORMS

Stand and bend forward at the hips, walk your hands on the floor to a plank, hold, then walk back to standing. Repeat.

5

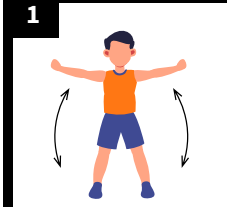


GLUTE BRIDGE

Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Lift your hips towards the ceiling by squeezing your glutes, forming a straight line from your shoulders to your knees.
Lower back down and repeat.

ROUND 2

1



JUMPING JACKS

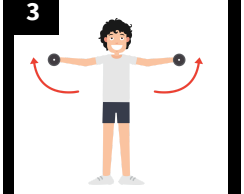
Stand with your feet together and arms at your sides.
Jump your feet out to the sides while raising your arms overhead.
Jump back to the starting position and repeat.

2

LUNGES

Step forward with right leg, lowering your body until both knees form 90-degree angles. Push through your front heel to return to standing, then switch legs.

3



LATERAL RAISES

Start standing with arms by your sides. Raise arms to shoulder height, forming a “T”, then lower back down.
You can use light weights (e.g., water bottles) for added resistance.

4

BIRD DOG

Start on all fours, wrists under shoulders, knees under hips.
Extend your right arm forward and left leg back, keeping your core engaged.
Hold briefly, then return to the start and switch sides. Repeat.

5

SIDE STEPS

Step right, bring left foot to meet it. Then step left, bring right foot to meet it. Increase the intensity by increasing the speed or by lowering down into a squat position.