Workout # 3 (Basic dryland set)

Jumping Jacks – 2 sets of 20

Squats – 2 sets of 15

Jump squats – 10

Burpees – 5

Push-ups – 2 sets of 15

Mountain climbers – 2 sets of 20

Leg lifts – 2 sets of 20

L-sits – 2 sets of 20 – on back, hands behind head, elbows out – straight legs with flat feet in air – body in shape of “L” - crunches

Bicycle Crunch – 2 sets of 30

Sit ups – 2 sets of 20

Pikes (V-Up) – 2 sets of 10

Lunges – 2 sets of 20

Twisting knee raise – 2 sets of 20

Tree pose – 30 seconds on each side

Done. Congratulations