

THE SIMPLE DO-ANYWHERE WORKOUT

1 BEAR CRAWL



2 REVERSE LUNGE



3 PUSHUP



4 SQUAT



5 SINGLE-ARM DUMBBELL ROW

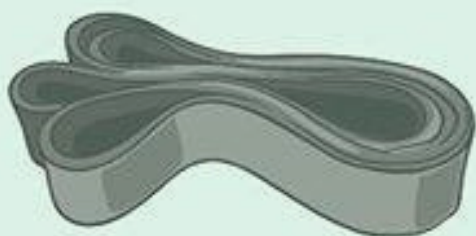


6 BAND HIP EXTENSION



10 REPS • REST 1-2 MIN • REPEAT 2-4 CIRCUITS

YOUR MINIMALIST GYM



Resistance band
(length: 41" , width 0.5-1.5")



Chose a weight that's
moderately challenging
(women: 15-30 lbs, men: 30-50 lbs)