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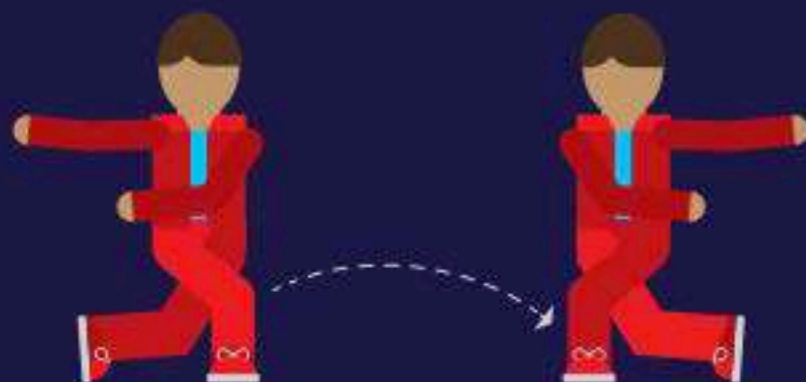
OLYMPIC-INSPIRED BODYWEIGHT WORKOUT

In the spirit of the Olympics, we've put together a winter sports-inspired workout you can do while watching your favorite athletes compete.

Because who can watch the Games and *not* be inspired to move?

This 15-minute bodyweight workout will alternate between training your core, legs, back and arms — all from your living room floor. No dumbbells, snowboards or slopes required. **Since strong legs are essential to most winter sports, get ready to feel the burn in those quads!**

Perform each exercise (and remember: quality over quantity) for 30 seconds with a 15-second rest in between sets. Then take it from the top for a second round!



1 SPEED SKATING
skaters



2 LUGE
mountain climbers

FUN FACT:
Women's ski jumping debuts
during this Olympics!



3 **SKI JUMPING**
jump squats



4 **FREESTYLE SKIING**
plank



5 **DOWNHILL SLALOM**
lateral jumps



6 **CROSS COUNTRY SKIING**
high knees

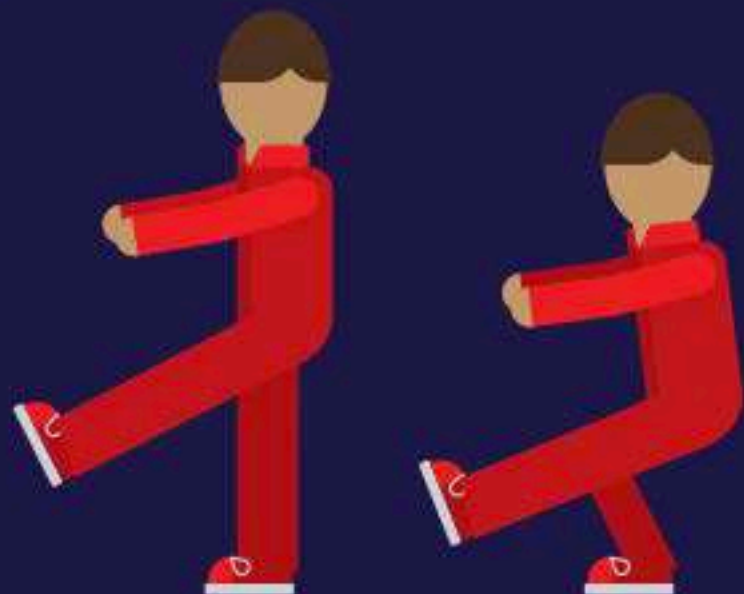
If 180-degree jumps are too tough, start with 90-degree jumps.



7 SNOWBOARDING
rotation jumps



8 BOBSLEIGH
tricep dips



9 FIGURE SKATING
pistol squats

Keep elbows tucked parallel to your body.
Rest your knees on the floor if you
need to modify.



10 SKELETON
yoga push-ups

Need a bigger challenge?

Limit your rest to 10 seconds, or skip the rest all together!

SOURCES:

Andia Winslow, NASM, ISSA, Master Trainer, Team USA
Development Athlete, USA Bobsled & Skeleton Federation
Jonathan Angelilli, NASM, CSCS

WRITTEN BY:

Alex Orlov

ILLUSTRATION:

tantika.com