

Here's a full body workout you can do without weights. The resistance from your body weight is enough to provide you with great results. This workout targets your upper and lower body. Click on the name of the exercise to see a video demonstration of how to perform it correctly.

Full Body Workout Without Weights

EXERCISE	REPS	SETS	REST (Seconds)
Chair Squats	15	2	30
Pull Ups (wide grip)	15	2	30
Chair Dips	15	2	45
Step Ups	15	3	30