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

9. **FIGURE SKATING**
   - **pistol squats**

10. **SKELETON**
    - **yoga push-ups**

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**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

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- tantika.com

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