

15  
MIN

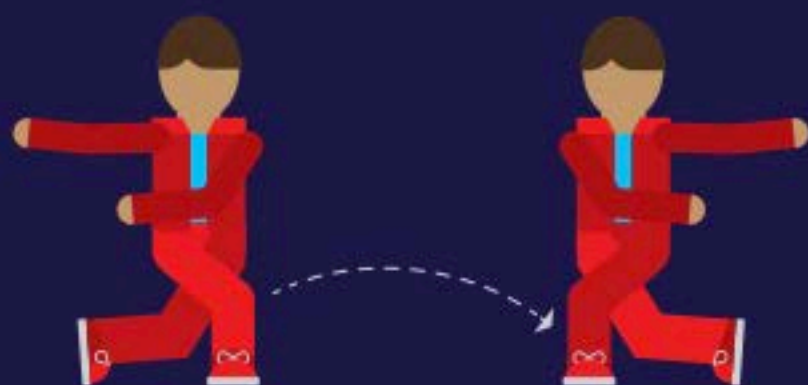
# OLYMPIC-INSPIRED BODYWEIGHT WORKOUT

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