**Workout:**

1. **Triceps push-up on picnic tables:** Kneeling or using a table, put your hands in front of you and bring your hips forward to shift the weight over your shoulders. Lower your upper body towards the floor or table, keeping your butt down and abs tight. Keep elbows close to the torso and repeat.

2. **Sumo squat with band over-head press:** Stand with feet wide, toes turned out, holding bands by your shoulders. Squat the hips down toward the floor. Come back up, squeezing your butt and legs, and press the elastic band up over your head and repeat.

3. **Single leg bicep curls:** Stand with arms by your sides and a slight bend at the knee. Lift one leg, bending at the knee, and balance on the other foot. Hinge from the elbows to bring the band up to your shoulders. Lower and repeat, switching legs halfway through your set.

4. **Straight arm plank:** Start in pushup position with hands under your shoulders. Hold the position, keeping abs tight and weight over your shoulders the whole time.

5. **Alternating Lateral/Front raise:** With a slight bend in your elbows, lift your arms out to the side until they are parallel to the floor. Return hands to sides and lift arms to the front until they are parallel to the floor. Continue alternating.

6. **Walkouts:** Stand with your feet hip-width apart. Keeping legs straight, bring your hands to the floor. Walk your hands forward until you are in a push-up position. Walk your hands back to your feet, using your core to push yourself back to start position and repeat.

7. **Hip Lifters:** Lie on your back with knees bent and heels below your knees. Lift your hips as high as you can, squeezing your butt. Lower and repeat.

8. **Side Lunge:** Stand with feet close together, with arms by your sides. Take a big step out and lunge to the side, bending the stepping leg while the standing leg remains straight. Step back to start position and repeat on the other side.

**Abs:**

1. **Reverse crunch:** Lie on your back with legs straight and arms by your sides. Keeping legs straight, raise them to a 90 degree angle. Use your lower abs to bring your hips off the floor, then lower down slowly and repeat.

2. **Lying side leg lift:** Lie on one side with forearm and elbow supporting your upper body, legs straight. Squeeze your abs in tight and lift both legs as far as you can off the floor. Lower down.

3. **Lying side leg lift with lateral reach:** Lie on your side with the lower arm stretching up past your head and the top arm by your side. Lift both legs off the floor and reach your top arm towards your feet, keeping the lower hand on the floor. Lower down.

**Stretch:**

1. **Lying pretzel:** Lie on your back and bring your left foot to your right knee. Bring both legs towards your chest, reaching the left hand between the legs to interlock fingers behind the right leg. Switch sides halfway through.

2. **Cat/Cow:** Kneel on all fours. Lower your head and arch your back like a cat. Drop your back into the opposite bend and raise your head. Straighten up and repeat.

3. **Lower back stretch:** Lie on your back with one leg straight and the other raised with bent knee. Bring the raised leg over to one side until it touches the floor, keeping shoulders on the ground if you can. Switch sides halfway through.

4. **Arms:** Reach one arm, straight, across your chest and with the free hand, hold the wrist and pull toward your chest. Hold, relax, repeat.