

# 15 Minute Calisthenics Workout For Beginners Supercharged Bodyweight Exercises To A Lean Toned Body No Gym No Special Equipment Required

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## NOELLE HARRISON

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[The 15-Minute Calisthenics Workout You Can Do Anywhere ...](#)

Here, I rounded up 15 of the best butt exercises worth adding to your lower-body days or string together as a DIY glutes workout. To get the most out of them, though, you must, must, must be on ...

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Lay on the ground with your back flat. Place your feet flat on the ground, bending your knees up at a 90-degree angle to your body. Cross your hands on top of your chest and keep your head about a fist's distance from your chest. Keeping your core tight, sit up until your elbows or chest touch your ...

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Place your hands on opposite shoulders or elbows (A). Pull your belly button toward your spine and tuck your ribs in. Keep your shoulders back and down as you gently twist at the waist and bend forward to pull your right shoulder down toward your left hip (B). Pause, then lift back up to standing.

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**Abs Exercises: 10 of the Best To Get a Six-pack**

15 Minute Calisthenics Workout. Bodyweight exercises to give you the resistance workout of a weight lifting session. By Roo Hamer. 17/03/2016 Getty Images.

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Do three sets of push-ups. Start with 30, then lower the number of push-ups you do in increments of 10, resting for 30 seconds in between each set. By the time you're finished, you will have done 60 push-ups.

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