



Body Weight – Repetition Waterfall

Decrease the number of repetitions of each exercise by two after completing the repetitions for each round. Start with sixteen repetitions on each exercise.

(16–14–12–10–8)

1. Body squats
2. Mountain climbers
3. Leg raises
4. Gate swings
5. Hip press
6. Superman

Prayer for “Accountability”

“Father, I come before you today, praying for accountability on my commitment to pursue you. I cast my anxiety on you as I know you care for me. Amen.”