

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Bodyweight Workout - Lower Body

Bodyweight Workout - Lower Body

Here's a simple 5 Minute LOWER BODY WORKOUT – just using your body weight!



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL:<https://fcaresources.com/podcast/2008/07/02/bodyweight-workout-lower-body>