

## Workout # 1:

### Warm up

Cardio warm: twice

- 1min jog on the spot
- 1min jumping jacks
- 30sec quick high knees
- 30sec quick butt kicks

Then

- 10 arm push out/pull in
- 10 arm push up/pull downs
- 10-15 hug swings
- 10-15sec arm rotations, each direction

### Workout

5 sets x 10, 15, or 20 Reps for each exercise — go through each exercise then 1 min break and repeat

Wide hand push up

Standard push up

Triangle push up

Tricep Dips (off a chair or a strong, low coffee table)

High Plank w/Shoulder tap (tap each shoulder to count 1)

Choose the appropriate amount of reps for your level, with the goal of increasing the amount of reps over the next number of weeks.

For added challenge

- do push ups with your feet raised on a chair or the couch.
- load a backpack with weight to wear. Make sure it is secure well to your back

### Core

1 Circuit of 25, 20, 15, 10+5 Reps (Do 25 of each exercise 30sec rest, 20 of each 30sec rest, 15 of each 30sec rest, 10 of each directly into 5 of each)

legs flat crunch

legs bent crunch

legs in air crunch

right side crunch

left side crunch

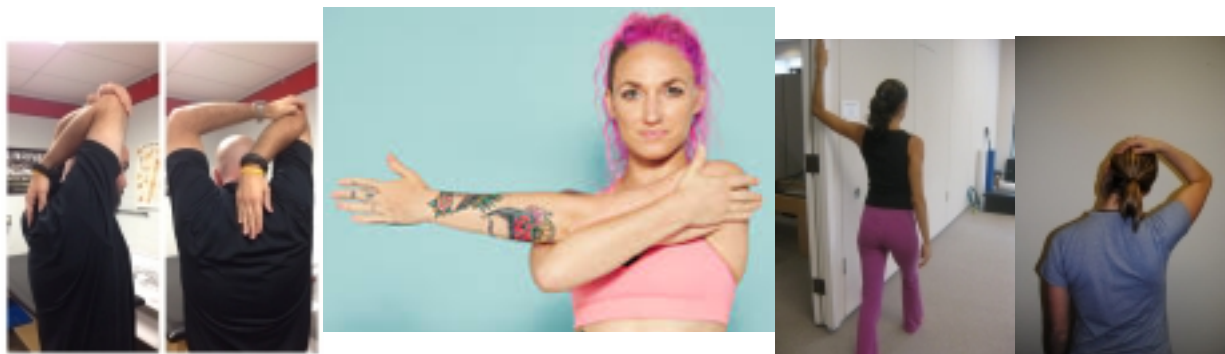
russian twist

### Cool Down

3x inhaling bring arms above head, exhaling forward fold to touch toes

20-30sec/stretch

(about 3-5 breaths)





## Workout # 2:

### Warm up

Cardio warm: twice

- 1min jog on the spot
- 1min jumping jacks
- 30sec quick high knees
- 30sec quick butt kicks

Then

- 20sec leg swings front to back each leg
- 20sec leg swings side to side each leg
- 5 squats
- 5 lunges per side

### Workout

5 sets x 10, 15, or 20 Reps for each exercise — go through each exercise then 1 min break

Squat

Tuck Jump

Bulgarian Split Squat w/front leg hop (lunge with back leg raised on chair or couch)

Burpee

Choose the appropriate amount of reps for your level, with the goal of increasing the amount of reps over the next number of weeks.

For added challenge:

- find a weight (dumbbell, water jug, pet, child, etc.) to hold during the Squats and Bulgarian Split Squats
- load a backpack with weight to wear. Make sure it is secure well to your back

### Core

30s of each exercise then 30s rest x2

V-sits (regular or modified)

Toe Touches (legs straight up and lift shoulders/arms to touch toes)

Penguins

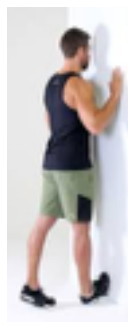
Bicycles

Leg Raises

### Cool Down

3x inhaling bring arms above head, exhaling forward fold to touch toes

20-30sec/stretch (about 3-5 breaths)





Workout # 3:

**Warm up**

Cardio warm: twice

- 1min jog on the spot
- 1min jumping jacks
- 30s quick high knees
- 30s quick butt kicks

Then

- 10 arm push out/pull in
- 10 arm push up/pull downs
- 10-15 hug swings
- 10-15s arm rotations, each direction
- 20s leg swings front to back each leg
- 20s leg swings side to side each leg
- 5 squats
- 5 lunges per side

**Workout**

5 sets x 10, 15, or 20 Reps for each exercise — go through each exercise then 1 min break

Choose 3 exercises from Workout #1 and 3 from Workout #2

Choose a different 3 each time you do this workout

**Core**

30 sec each then 45 sec rest x2

Low plank

Right Side Plank

Low Plank

Left Side Plank

High plank

**Cool Down**

3x inhaling bring arms above head, exhaling forward fold to touch toes

20-30sec/stretch (about 3-5 breaths)

All stretches from other workouts

Workout # 4

Find a Yoga video online

<https://www.youtube.com/user/lululemon> is a good place to start