

| |
|--|
| Workout 1 (total 22 minutes) |
| |
| <u>Warm-up:</u> |
| • 30 seconds high knees |
| • 30 seconds butt kicks |
| • 30 seconds switch lunges |
| • 30 seconds squats |
| |
| <u>Workout 20 minutes - 40 seconds workout, 20 seconds rest.</u> |
| • Pushups |
| • Burpees |
| • Bicycles (abs) |
| • Plank hold (elbow) |
| • Squats |
| |
| Repeat 4 times. |
| |

| |
|--|
| Workout 2 (total 26 minutes) |
| |
| <u>Warm-up:</u> |
| • 30 seconds high knees |
| • 30 seconds butt kicks |
| • 30 seconds switch lunges |
| • 30 seconds squats |
| |
| <u>Workout 20 minutes - 40 seconds workout, 20 seconds rest.</u> |
| • Tricep dips |
| • Plank hold (high plank) |
| • Squat pulse |
| • Walking lunges |
| • Squat holds |
| • V-ups |
| |
| Repeat 4 times. |

| |
|--|
| Workout 3 (total 22 minutes) |
| |
| <u>Warm-up:</u> |
| • 30 seconds high knees |
| • 30 seconds butt kicks |
| • 30 seconds switch lunges |
| • 30 seconds squats |
| |
| <u>Workout 20 minutes - 40 seconds workout, 20 seconds rest.</u> |
| • Jumping jacks (high V) |
| • Plank crawl (high plank) |
| • Side plank (left) |
| • Side plank (right) |
| • Hand stand hold against the wall |
| |
| Repeat 4 times. |

Cool down for each day:

- Downward dog (30 seconds)
- Child's pose (30 seconds)
- Standing arms up, reach down to toes