

Monday

Burpees

A full body exercise that works your chest, shoulders, back, triceps, and legs.

3 x 10

Mountain Climbers

A great exercise for building cardio endurance, core strength, and agility.

3 x 20

Jump Squats

A plyometric exercise that builds explosive power.

3 x 12

Push-ups

A classic exercise that works your chest, shoulders, and triceps.

3 x As many as possible (AMRAP)

Plank

A great exercise for your core.

3 x 30 seconds

Tuesday

Rest or Active Recovery

Focus on stretching, light cardio like walking or swimming for 30 minutes

Wednesday

High Knees

A great warm-up exercise that also helps to improve your cardiovascular fitness.

3 x 20

Jumping Jacks

A full body exercise that gets your heart rate up.

3 x 30

Butt Kicks

A great exercise for your glutes and hamstrings.

3 x 20

Russian Twists

A great exercise for your obliques.

3 x 15

Crunches

A classic exercise that works your abs.

3 x 15

Thursday

Rest or Active Recovery

Focus on stretching, light cardio like walking or swimming for 30 minutes

Friday

Sprint Intervals

Find a track or an open space. Sprint as fast as you can for 20 seconds, then rest for

60 seconds.

4 x 6

Squat Jumps

A great exercise for your legs and glutes.

3 x 10

Lunges

A great exercise for your quads, glutes, and hamstrings.

3 x 12

Triceps Dips

You can use a chair or bench for this workout.

3 x 10

Bicycle Crunches

A challenging but rewarding exercise for your abs.

3 x 20

Saturday

Rest

Give your body a chance to recover.

Sunday

Long Walk

Enjoy a leisurely walk for 60 minutes. You can also go for a hike or bike ride.