

## Monday, July 13th

**\*\*Burn off the weekend\*\***

### **Warm-up:**

25 Jumping Jacks

Butt kickers for 30 seconds

10 Walkouts

-Starting in the standing position, walk hands out to a push up position, walk them back and stand up

10 (5 each side) Knee hugs

10 (each side) Knee blockers

### **Workout:**

80 squats

70 crunches

60 second forearm plank

50 lunges (total)

40 jumping jacks

30 second wall sit

20 push-ups

10 burpees

**\*\*REPEAT THREE TIMES\*\***

### **Cool-down:**

Stretch (arms across chest, chest stretch, quad stretch, modified hurdler, give yourself a hug, pigeon/figure 4, butterfly, etc)

## Tuesday, July 14th

Walk/Run for 30 minutes

>Challenge yourself and add some sprints in with your run (10-15 second 100% sprint every minute for 5 minutes)

## Wednesday, July 15th

**\*\*Run + Strength\*\***

### **Warm-up:**

25 four-count jumping jacks

30 sec high plank

10 plank walkouts

10 walking lunges

10 knee blockers (each side)

### **Workout:**

Run for 5 minutes

- >Squat to side kick x16 (each side)
- >Push-up to side plank x16
- >60-second high plank

Run for 5 minutes

- >Lunge with front kick x15 (left)
- >Side plank with hip dip x15 (each side)
- >Lunge with front kick x15 (right)

Run for 5 minutes

- >Sumo Squats x20
- >Leg Lifts x30
- >Burpees x10

### **Cool-down:**

Stretch (arms across chest, chest stretch, quad stretch, modified hurdler, give yourself a hug, pigeon/figure 4, butterfly, etc)

### **Thursday, July 16th**

Go for a 30-minute walk/run.

**\*\*For an added challenge, run/walk until you reach 12,000 steps (or 6 miles)**

### **Friday, July 17th**

**\*\*Core & Upper body for summer beer drinking conditioning\*\***

### **Warm-up:**

- 10 Slow squats
- 10 Jumping jacks
- 10 Knee blockers (each side)
- 5 Walk-outs

### **Work Out:**

- 50 Russian Twists
- 10 Push-ups
- 40 Mountain Climbers
- 10 Tricep Dips
- 30 Plank Shoulder Taps
- 10 Close grip push-ups
- 30 Crunches
- 10 Wide grip push-ups
- 20 Bicycle crunches
- 10 Bird dogs (each side)
  - Starting on hands and knees, lift opposite arm and opposite leg
- 20 V Sit-ups
- 10 Sky reaches (each side)

- Starting in high plank position, rotate right arm all the way to the sky, squeezing your shoulder blades together
- 20 (total) Plank knee to elbow
- In a high plank position, bring one knee to the same elbow, repeat on other side

**Cool-down:**

Stretch (arms across chest, chest stretch, quad stretch, modified hurdler, give yourself a hug, pigeon/figure 4, butterfly, etc)

Please let me know if you need any help finding a workout on YouTube or with any of the exercises.

Have a great weekend!