

**Monday, June 8th**

**\*\*30 minute HIIT**

**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 burpees

30 seconds high knees

**Workout:**

2 minutes

Jumping Jacks

10 minute AMRAP (As Many Rounds As Possible)

10x Push-ups

10x Tuck jumps

10x Squats

10x Walking Lunges

10x High knees (each leg)

2 minutes

Jumping Jacks

10 minute AMRAP

10x Tricep push-ups

10x Squat jumps

10x Bicycle crunches

10x Tricep dips

10x Windmill toe touches

1 minute

Elbow plank

5 minute AMRAP

5x Burpees

5x Thrusters

5x Mountain climbers (each leg)

5x Star jumps

**Cool-down:**

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

## **Tuesday, June 9th**

Walk/Run for 30 minutes

## **Wednesday, June 10th**

**\*\*Tabata\*\***

### **Warm-up:**

25 four-count jumping jacks  
30 sec high plank  
10 slow squats  
10 plank walkouts

### **Workout:**

**\*\*20 seconds on, 10 seconds off\*\***

Set One:

>Jump rope  
>Butt kickers

Set Two:

>Jumping jacks  
>Burpees (without push-up)

Set Three:

>Walking lunges  
>Squat pulses

Set Four:

>Plank jacks  
>High plank with leg/arm lift (opposite arm/leg are lifted)

**\*\*Repeat for 5, 6, or 7 rounds\*\***

### **Cool-down:**

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

## **Thursday, June 11th**

Go for a 30 minute walk/run.

## **Friday, June 12th**

**\*\*Choose your own adventure\*\***

**\*\*Mix and match so a strength exercise is followed by cardio. Do each exercise for one minute for 1-3 rounds\*\***

### Upper Body (choose 3):

1. Staggered push-ups (place one hand 6 inches above your other hand)
2. Shoulder Taps
3. Push-ups
4. Diamond push-ups
5. Tricep dips
6. Wide push-ups

### Lower Body (choose 3):

1. Squats
2. Lunges with front kick
3. Jump squats
4. Sumo squats
5. Pulsing squats
6. Curtsy lunge

### Core (choose 2):

1. Elbow plank
2. Side plank
3. Russian twist
4. V-ups
5. Leg lifts
6. Crunches

### Cardio (choose 7):

1. Burpees
2. Mountain climbers
3. Jumping jacks
4. High knees
5. Tuck jumps
6. Sprints
7. Star jumps
8. Quick feet
9. High knee jog
10. Speed skaters

**Cool-down:**

Stretch (arms across chest, chest stretch, quad stretch, modified hurdler, give yourself a hug, pidgeon/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!