

## **Monday, June 22nd**

**\*\*20-30 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 (5 each side) Knee hugs

10 (each side) Knee blockers

### **Workout:**

15 Jump Squats

5 Push-ups

30 Seconds high knees (fast, like a sprint)

5 Burpees

10 Lunges (each leg)

5 Push-ups

10 Lunges (each leg)

5 Burpees

15 Jump Squats

30 Second elbow plank

10 Lunges (each leg)

20 Jumping Jacks

**\*\*Repeat three times for 20 minutes and five for 30 minutes\*\***

### **Cool-down:**

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

## **Tuesday, June 23rd**

Walk/Run for 30 minutes

## **Wednesday, June 24th**

**\*\*The faster you work, the more you rest\*\***

### **Warm-up:**

25 four-count jumping jacks

30 sec high plank

10 slow squats  
10 plank walkouts

**Workout:**

**\*\*Perform each movement every minute on the minute for 30 minutes\*\***

>High knee sprint x30 seconds  
>Mountain climbers x30 seconds  
>Reverse lunge with knee drive (left) x12 reps  
>Reverse lunge with knee drive (right) x12 reps  
>Squats x20 reps  
>Push-ups x10 reps  
>Wall sit x40 seconds  
>Side plank (left) x40 seconds  
>Side plank (right) x40 seconds  
>Burpees x10 reps

**Cool-down:**

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

**Thursday, June 25th**

Go for a 30 minute walk/run.

**Friday, June 26th**

**\*\*25 minute cardio/strength\*\***

Warm-up:

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

40 Jumping Jacks  
25 Squats  
10 Push-ups  
30 Second high plank  
15 Supermans  
40 High knees  
20 Speed skaters  
20 Tricep dips  
30 Bicycle sit-ups  
15 Glute bridge raise

30 Mountain climbers  
20 Side lunges (total)  
15 Push-ups  
30 Second elbow plank  
15 Supermans  
10 Burpees  
30 Lunges (total)  
50 Arm circles (alternate side, front, and overhead)  
20 Toe-touch crunches  
20 Swimmers  
30 Frog jumps

**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!