

Monday, May 18th

Legs & Core

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:

Exercise	Reps	Rounds
Alt Lunge w/ front kick	10 per side	5 rounds
Plank Jacks	20 total	5 rounds
Wall Sit	30 sec	4 rounds
High Plank lifts	10 per side	4 rounds
Lateral lunge w/ squat	10 total	3 rounds
Rainbow bridges	20 total	3 rounds

Descriptions:

High plank lifts - alternate lifting right arm/left leg then left arm/right leg

Rainbow bridges - start in elbow plank, lift your hips in the air while you draw one knee towards your nose, then switch (think of it as a slow mountain climber in elbow plank)

Lateral lunge w/ squat – step out with right leg and sit back into a squat, come back to center and do squat, step out with left leg and sit back into a squat

Cool-down:

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

Tuesday, May 19th

Walk/Run for 30 minutes

Want an added challenge?

12 sets of 12 reps

>Push-ups

>Squats

>Sit-ups

>Lunges

Wednesday, May 20th

****Upper body & Abs****

Warm-up:

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

Workout:

****20 reps per exercise, for alternating exercises do 20 each side****

- >Staggered push-ups
 - place one hand under your shoulder and one hand 6 inches in front of shoulder. Switch hand placement halfway through reps
- >Russian twists
- >Shoulder taps
- >V-sits
- >Dips
 - Perform on the ground or for added challenge, perform on a chair, stairs or other surface
- >Leg lifts
 - Start on the ground with your legs straight in the air, lower your legs to 6 inches above the floor, then raise them again
- >Hand release push-ups
 - Start in high plank, lower all the way to the ground, release your hands then push back up to high plank
- >Mountain climbers

****Repeat for a total of four rounds****

Cool-down:

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

Thursday, May 21st

Go for a walk/run.

Want an added leg challenge?

50 Squats
10 Burpees
100 Squats
20 Burpees
150 Squats
30 Burpees
100 Squats
20 Burpees
50 Squats

10 Burpees

Friday, May 22nd

****Plank Power!!****

****Perform all the way through (10-60) then back down (60-10)****

10 second plank
10 burpees
20 second plank
20 squats
30 second plank
30 crunches
40 second plank
40 alternating lunges
50 second plank
50 bicycle crunches
60 second plank
60 jumping jacks

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

Have a great weekend!