

## **Tuesday, May 26th**

Walk/Run for 30-45 minutes

### **Want an added challenge?**

5 minute plank workout:

- >1 minute full plank (on hands)
- >30 second elbow plank
- >30 second (each side) raised-leg plank
- >30 second (each side) side plank
- >30 second full plank
- >1 minute elbow plank

## **Wednesday, May 27th**

**\*\*Full Body\*\***

### **Warm-up:**

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

### **Workout:**

**\*\*1 minute each exercise/ 1 minute rest after each exercise\*\***

- >High knees
- >Jumping jacks
- >Squats
- >Lunges
- >Plank leg raises
- >Mountain climbers
- >Bicycle crunches
- >Leg raises
- >Knee pull-ins
- >Push-ups

**\*\*Level 1: repeat 3 rounds | Level 2: repeat 4 rounds | Level 3: repeat 6 rounds\*\***

### **Cool-down:**

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

## **Thursday, May 28th**

Go for a 30-45 minute walk/run.

**Want an added challenge?**

Complete 10 reps each exercise:

- >Cross leg jumping jacks
- >Squats or jumping squats
- >Push-ups
- >Mountain climbers or plank jacks
- >Cross crunches or V-sits
- >High knees or high knee marches
- >Knee pull-ins
- >Chair dips
- >Leg lifts or leg lifts with 3 second hold at six inches

**Friday, May 29th**

**\*\*HIIT\*\***

**\*\*Perform 30 seconds of each exercise, two minute rest after you complete one full set (10 exercises)\*\***

- >Burpees
- >Squat hold/wall sit
- >Lunge to front kick (right side)
- >Lunge to front kick (left side)
- >Burpees
- >Plank hold (high plank)
- >Mountain climbers with pause
  - Perform three mountain climbers and on your fourth one, hold for three seconds
- >Burpees
- >Up/Down planks
  - Start in high plank, transition to elbow plank
- >Sumo squats

**\*\*Level 1: 3 sets | Level 2: 5 sets | Level 3: 7 sets\*\***

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

Have a great weekend!