

Monday, May 4th

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 quick feet

Workout:

****40 seconds work, 20 seconds rest****

Alternating Lunges 5 rounds

Shoulder Taps 5 rounds

Jump Squats 4 rounds

Elbow Plank 4 rounds

Sumo Squats 3 rounds

Plank Jacks 3 rounds

Cool-down:

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

Tuesday, May 5th

Walk/Run for 30 minutes

Wednesday, May 6th

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

Warm-up:

25 four-count jumping jacks

30 sec high plank

10 slow squats

10 plank walkouts

15 sec quick feet/15 sec high knees

Workout:

****Classic Tabata – 20 seconds of work, 10 seconds of rest****

>Push-ups

- >Bicycle sit-ups
- >Wide arm push-up with arm raise
 - Do one push-up, then open up into a side plank on right, do one push up, then open up into a side plank on left
- >V-sits
- >Dips
 - Perform on the ground or for added challenge, perform on a chair, stairs or other surface
- >Crunches
- >Thrusters
 - Starting in the standing position, squat down and as you come up, do five standing shoulder presses (if you have weights use them, if not do air presses or use soup cans)
- >Butterfly sit-ups
 - Put your feet together like the butterfly stretch, starting laying down do a full sit-up touching your hands to the floor outside your feet.

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

Plank Practice:

30 second elbow plank

15 second right side elbow plank

15 second left side elbow plank

Rest 30 seconds

****Complete four total rounds****

Cool-down:

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

Thursday, May 7th

Go for a walk/run.

Friday, May 8th

Today is the 75th anniversary of VE Day in the UK. Please take time to research this historic event and celebrate accordingly.

Try to get at least 10,000 steps on your step counter, go for a 6-10 mile bike ride or go for an interval run after a short YouTube HIIT/Cardio workout.

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

Have a great weekend!