

SAMPLE WORKOUTS

Make sure you choose exercises that are right for you.
Mix it up and don't forget to stretch before...and after your workout.

OPTION ONE

Set your clock for 30 minutes and see how many rounds you can complete!
You must complete the amount of reps for each exercise before moving to the next.

- 30 High Knees
- 30 Lunges
- 30 Plank to Push-Ups
- 30 V-Up Sit Ups
- 30 Burpees

OPTION TWO

Try these physical exercises for 30 seconds each – or go-for-it and keep going for one minute each.

- Squats
- High Knees
- Mountain Climbers
- Jump Squats
- Push Ups
- Burpees
- Planks
- Lunges
- Scissor Legs
- Sit Ups

OPTION THREE

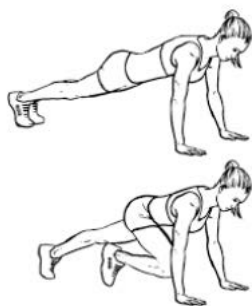
Repeat this workout three times.

- 10 Push Ups
- 20 Sit Ups
- 25 Squats
- 20 Lunges (10 each leg)
- 80 Jumping Jacks
- 60 Second Wall Sit



SAMPLE WORKOUTS

MOUNTAIN CLIMBERS



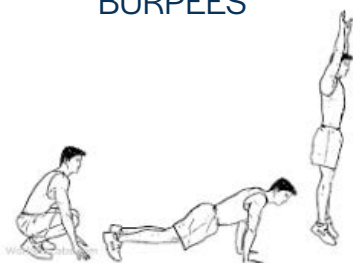
JUMP SQUATS



PULSING SQUATS



BURPEES



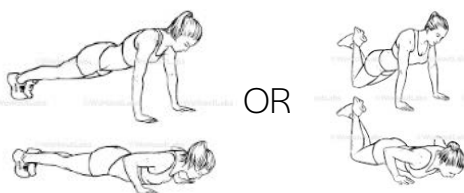
PLANK



SHOULDER TAPS



PUSH UPS



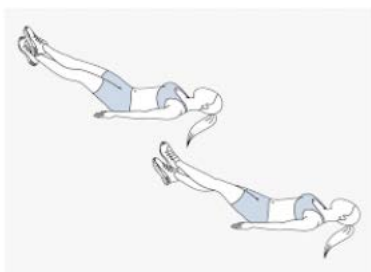
CURTSEY LUNGES



HIGH KNEES



SCISSOR KICKS



SIT-UPS



TOE TOUCH SIT-UPS

