

Monday

5 min Stretch

2 min jog

1 min skip

3 min jog

1 min skip

2 min jog

40 second of work, 20 seconds of rest for 8 min. 4 min rest then 40 seconds of work, 20 seconds of rest for another 8 min

-Mountain Climbers

-Stationary lunges

-Yoga Push Ups (belly to ground, push up, hips to the sky, finish in downward dog)

-Supermans

-Squats

-Right Leg raises to the side

-Left Leg raices to the side

-Mountain Climbers

20 Leg lifts (on back, hands tucked under hips, raise legs up to 90* angle together then lower legs to 6 inches off ground)

30 Swimmers (on belly, arms reaching forward, eyes up, freestyle kick with alternating arms)

40 crunches

50 Supermans

5 min stretch

Tuesday

5 min stretch

15 min jog

1 Length of your yard (back yard, front yard, sidewalk, etc.)

30 Yoga Push ups

2 Lengths
25 Yoga Push ups

4 Lengths
20 Yoga Push Ups

6 Lengths
15 Yoga Push Ups

8 Lengths
10 Yoga Push Ups

10 Lengths
5 Yoga Push Ups

Plank Hold Challenge!!! After finishing the Pyramid's last 5 push ups, see how long you can hold a plank position!

5 Min Stretch

Wednesday

5 min stretch

10 Min Jog (can be done around your yard, down your street, can be substituted with high knees or jump rope if you can't go outside)

Squat and Push Up Pyramid

***remember to keep arms out front, hands on hips, or hands interlocked behind your head

10 Squats
20 push ups

20 Squats
15 push ups

30 Squats
10 push ups

40 Squats
5 push ups

50 Squats
1 min plank hold

finish up with a nice 10 min stretch

Thursday

5 min stretch

10 minutes alternating 30 Jumping Jacks and 30 stationary toe hops (like jumping rope, but with no rope!)

3 x through the following circuit

*50 crunches

*50 supermans on belly

*50 double leg raises

*20 mountain climbers

*1 min superman hold on belly

Push Up Challenge!

How many push ups can YOU do in 3 min?

5 min stretch to cool down

Friday

5 min stretch

1 minute jogging

1 minute Jumping Jacks

1 minute skipping

1 minute jogging
1 minute Jumping Jacks
1 minute skipping
2 minutes jogging

3x through the following circuit- Hold onto the back of a chair or sturdy stationary object for these leg raises.

- *10 standing straight leg raises to the front right leg
- *10 standing straight leg raises to the front left leg
- *10 push ups
- *10 standing straight leg raises to the side right leg
- *10 standing straight leg raises to the side left leg
- *10 push ups
- *10 standing straight leg raises to the back right leg
- *10 standing straight leg raises to the back left leg
- *10 push ups
- *1 minute superman hold

50 choice ab exercise

5 min stretch