

FULL BODY WORKOUT #1

Repeat 5 times

- 1 minute plank hold
- 20 mountain climbers
- 15 sit-ups
- 15 push-ups
- 15 squats
- 5 burpees

FULL BODY WORKOUT #2

Repeat 6 times

- 20 sit-ups
- 20 push-ups
- 20 bicycles
- 45 second plank
- 10 squat jumps
- 10 side-lunges (each leg)

CORE

WORKOUT #1

Repeat 8 times

Optional: use weights

- 10 sit-ups
- 10 leg lifts
- 20 sitting twists
- 10 knee-to-elbow sit-ups
- 20 second plank
- 10 side-plank lifts (each side)
- 20 seconds: 6-inch leg lift
- 5 back extensions

CORE

WORKOUT #2

Repeat 8 times

- 10 leg lifts
- 10 scissors
- 10 long-arm crunches
- 10 side-plank lifts (each side)
- 15 knee crunches
- 15 bicycle crunches
- 20 mountain climbers

LEG

WORKOUT #1

Repeat 8 times

- 10 squats
- 10 calf raises
- 10 forward lunges
- 20 second wall-sit
- 10 sumo-squats
- 10 side-to-side lunges
- 10 floor side-leg raises (each side)
- 10 flutter kicks (each side)

LEG

WORKOUT #2

Repeat 6 times

- 10 jump squats
- 10 side-lunges (each side)
- 10 front lunges (each leg)
- 10 sumo-squats
- 10 calf-raises
- 10 reverse lunges (each leg)
- 30 second wall sit
- 10-side leg raises (each leg)

ARM

WORKOUT #1

Repeat 10 times

- 5 push-ups
- 10 punches (in front) (each arm)
- 10 thigh taps
- 10 shoulder taps
- 10 overhead punches (each arm)
- 10 chair push-ups
- 20 seconds: arm circles forward
- 20 seconds: arm circles backward)

BICEP & AB WORKOUT #1

Repeat 8 times

- 10 chest push-ups
- 20 second reverse plank hold
- 10 side-plank lifts (each side)
- 20 second plank hold
- 5 push-ups
- 10 reverse dips
- 20 second side-plank (each side)