

# WORKOUTS

BE ACTIVE DAILY! CHOOSE A WORKOUT BELOW OR GET OUTSIDE AND TAKE A WALK, HIKE OR RUN. BE SURE TO WARM UP WITH 3-5 MINUTES OF CARDIO BEFORE EACH WORKOUT. CHALLENGE YOURSELF AND SEE WHAT YOU ARE CAPABLE OF!



## WORKOUT 1

Grab a pen and paper and record how many of each movement you completed. You will be completing this circuit again in a few weeks. Do YOUR best!

Complete this circuit 3 times, only resting 1 minute after completing the entire circuit.

- 1 minute of squats
- 1 minute of push-ups
- 1 minute of sit-ups
- 1 minute of jumping jacks

Need something more challenging? Substitute the squats with squat jumps, sit-ups with a hollow body hold and jumping jacks with high knee taps or box jumps.

## WORKOUT 3

Your core is going to be tired today! Make sure you are drawing your belly button to your spine and keeping that core engaged for all these movements. Cardio options for your 30 seconds could include mountain climbers, jumping jacks, high knees a sprint or even toe taps.

## WORKOUT 2

Set a timer for 15 minutes and see how many rounds you can complete.

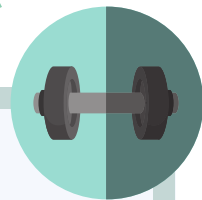
Record your rounds!

- 10 walking lunges
- 5 push ups
- 10 walking squats
- 20-second forearm plank

Need more of a challenge?

Add weight to your walking lunges and increase the reps for push-ups to 10-15. Increase squats to 20 or add a mini band. Increase your plank hold to 45 seconds.

This icon indicates a set of weights are needed for this workout



- Complete this circuit 8-10 times
- 10 dead bugs
- 10 supermans with 2-second hold
- 20-second hollow body hold
- 10 good mornings
- 30 seconds of cardio



## WORKOUT 5

DIRTY 30! COMPLETE EACH SET OF MOVEMENTS BEFORE MOVING ON TO THE NEXT, RECORD YOUR TIME AT THE END

- 30 TOTAL DONKEY KICKS
- 30 TOTAL SHOULDER TAPS
- 30 TOTAL WALKING LUNGES
- 30 SECOND LEFT SIDE PLANK
- 30 ALTERNATING LATERAL LUNGES
- 30 SECOND RIGHT SIDE PLANK
- 30 OVERHEAD SQUATS
- 30 PUSH UPS
- 30 FIRE HYDRANTS



## WORKOUT 7

Get outside today!  
Run, Walk, Rollerblade, Bike or Hike for at least 20 minutes.

If the weather is not ideal, try this treadmill workout.

- 6 rounds
- 3 minute walk or light jog
- 1 minute jog or run

Need more of a challenge, increase the incline!

## WORKOUT 4

Set a timer for 20 minutes and see how many rounds you can complete.

Record your rounds!

- 30 mountain climbers (15 each side)
- 5 alternating toe touches
- 10 walking planks
- 10 step ups 5 each side

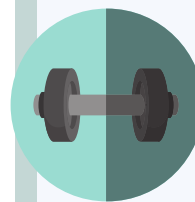
Need more of a challenge?

Double all the repetitions!

## WORKOUT 6

Set a timer for 20 minutes and see how many rounds you can complete. Record your rounds!

- 400m run, row or walk (1/4 mile)
- 10 dumbbell straight leg deadlift
- 10 dumbbell clean and press
- 10 V-ups

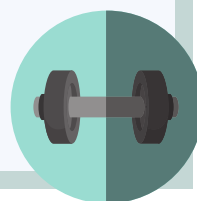


Need more of a challenge?  
Increase to 25 or 30 minutes and increase run to 1/2 mile.

## WORKOUT 8

Complete this circuit 8-10 times

- 15 banded dead bugs
- 15 banded supermans
- 20-second weighted hollow body hold
- 15 goblet squats
- 1:00 of cardio



# WORKOUT 9

Grab a pen and paper and record how many of each movement you completed.

Complete this circuit 3 times, resting minimally after each round.

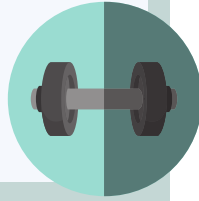
- 1 minute of weighted squats
- 1 minute of walk out push-ups
- 1 minute of alternating toe touches
- 1 minute of toe taps
- 1 minute of front walkouts



# WORKOUT 11

- Complete 3 rounds
- 15 Push Press
- 15 walking planks
- 15 lying tricep extension

- Complete 3 rounds
- 15 dumbbell clean
- 15 lateral raise
- 15 kickbacks



# WORKOUT 12

Enjoy the great outdoors for your active rest day.

If you need an indoor workout head to the gym and complete two sets of 800m row.

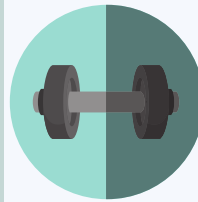
# WORKOUT 10

Try this workout focusing on proper form instead of completing the workout for time.

- 3 rounds
- 10 Lateral lunge with knee hug
- 10 lunge with rotation

- 3 rounds
- 10 thrusters
- 10 step ups
- 10 single leg glute bridge

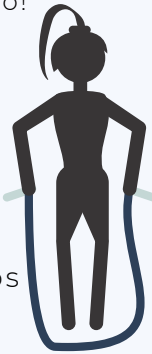
- 3 rounds
- 10 good mornings
- 10 hollow body rockers
- 10 russian twists



# WORKOUT 13

Grab a pen and paper and record how many of each movement you completed. Set a timer for 20 minutes and go!

- 1 minute of jump rope
- 1 minute of plank
- 1 minute of burpees
- 1 minute of alternating toe taps



# WORKOUT 15

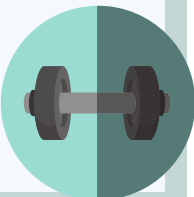
Complete 8 rounds

- 8 inchworm to 5 mountain climber
- 8 broad jumps
- 20 suitcase sit-ups
- 10 single leg glute bridge (each side)
- 10 plank knee to elbow (each side)
- 10 glute kickbacks (each side)

# WORKOUT 17

Set that timer and complete as many rounds as possible in 25 minutes. Only rest as needed.

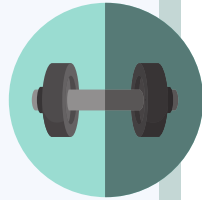
- 30 seconds jump rope
- 15 chest fly
- 30 seconds jump rope
- 15 rear delt fly
- 30 seconds jump rope
- 15 push ups
- 30 seconds jump rope
- 15 bent over row



# WORKOUT 14

- Complete 3-4 rounds
- 10 plank to pike (inchworm)
- 15 walking squats
- 30 second glute bridge hold

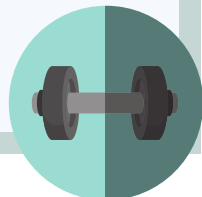
- Complete 3-4 rounds
- 15 bent over row
- 15 shoulder press
- 10 lateral step ups (each side)
- 10-second star plank (each side)



# WORKOUT 16

- Complete 3 rounds
- 10 reverse lunge to clean and press (each side)
- 15 bench dips
- 10 step ups to curl (each side)

- Complete 3 rounds
- 15 good mornings
- 15 overhead extension
- 10 ice skaters (each side)



# WORKOUT 18

Complete 8 rounds

50 walking lunges

10 burpees

1/4 mile run



# WORKOUT 20

Warm up with 1000m row  
or 1/2 mile jog

Complete 5 rounds

5 woman makers

10 bench dips

30 total mountain climbers

10 push ups

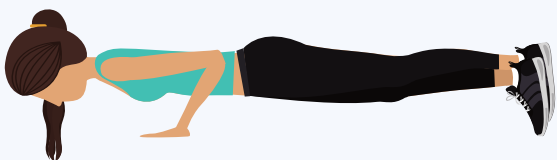
10 jump squats

30 total steps lateral plank walk

10 step ups total

10 decline push ups

Cool down with 1/2 mile light jog



# WORKOUT 19

Complete 3 rounds

15 dumbbell floor press to tricep extension

15 dumbbell hammer curl

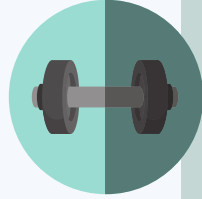
15 Arnold should press

Complete 3 rounds

15 dumbbell curl

15 lateral raise

15 front raise



Complete 3-5 rounds

6 pike push ups

15 shoulder taps

5 reverse lunge with high knee hop  
(each side)

# WORKOUT 21

Remember Day 1's workout? Let's test that again! How many reps of each movement can you complete in each minute.

Complete this circuit 3 times, only resting 1 minute after completing the entire circuit if needed.

1 minute of squats

1 minute of push-ups

1 minute of sit-ups

1 minute of jumping jacks

Afterward, rest 3 minutes then...  
finish with a 1-mile jog.