AT HOME WORKOUTS

WEEK 1

WORKOUT 1

4 Rounds : 2 mins WORK / 1 min REST (12 mins total)

10 Pushups

15 Situps

20 Bodyweight Squats

MAX Burpees before the 2 min mark

Rest 1 minute and repeat (4 Rounds total)

WORKOUT 2

CARDIO INTERVALS

\*If you have access to a Cardio machine, or want to run outside:

4 Rounds of 4 sets of: :40s WORK / :20s REST

(rest an additional 1 min after each set of 4 intervals)

\*you can completely stop during the rest period, or just cruise/walk

If you DON'T have access to a machine or don't want to run:

4 Rounds of:

:40s Jumping Jacks / High Knees

:20s Rest

:40s Bicycle Abs

:20s Rest

:40s Single Skipping / Low steps

:20 Rest

:20s Side plank per side

:20s Rest

\*rest an additional :60 seconds before starting on Jumping Jacks again.