

## **At-Home Workout #1**

20 mountain climbers

8 squat jumps

30 second plank

5 burpees

30 jumping jacks

10 push-ups

10 sumo squats (like normal squats but point your toes out)

30 butt kicks

30 second plank

20 mountain climbers

8 squat jumps

10 push-ups

30 jumping jacks

5 burpees

\*Take a 1 minute break then repeat 2 more times\*

## **At-Home Workout #2**

Do each exercise as fast as you can for 30 seconds then take a 10 second break

Skier Jumps (jump side to side)

Crunches

Alternating Lunges

Leg Lifts

\*1-minute break\*

High Knees

Bridge Up-Downs

Single Leg Squat Jumps (Left Leg)

Single Leg Squat Jumps (Right Leg)

\*1-minute break\*

Switch Jumps (start in lunge position, jump and switch which leg is forward)

Plank Up-Downs (go from low plank to high plank and back down)

Jump back and forth over a line

Mountain Climbers

\*Take a 2 minute break then repeat 1-2 more times\*

### **At-Home Workout #3**

#### **AB DAY**

30 crunches

20 bicycle crunches

30 toe touches

20 reverse crunches

\*break\*

15 second side plank (each side)

30 crunches

40 Russian twists

\*break\*

30 bicycle crunches

15 side crunches (right)

20 reverse crunches

15 side crunches (left)

10 leg lifts

#### **At-Home Workout #4**

50 jumping jacks

30 high knees

30 butt kicks

40 Russian twists

10 push-ups

30 crunches

20 bicycle crunches

10 sit-ups

20 side crunches (each side)

20 squats

20 bridge ups

20 single leg calf raises on each leg

30 second wall sit

20 lunges

20 side lunges

\*Take a 2 minute break then repeat 1 more time\*

### **At-Home Workout #5**

4 Burpees with push-ups

20 Toe Touches

Start in high-plank, walk your hands up to your feet and back down 5X

10 squat jumps

7 V-ups

20 High Knees

15 plank jacks

\*Take a 1 minute break then repeat 4 times\*