Home Workouts

Each workout take 15-20 seconds between exercises, choose one workout and complete the workout 3 times.

 To increase difficulty of workouts: complete the workout more than 3 times, do more reps of the exercises, allow less time between exercises (15-20 seconds to no break)

Workout 1 (Full body)

1.Bodyweight squats: 20 reps.

2.Push-ups: 10 reps, or as many reps as possible (remember depth of a cone)

3.Walking lunges: 10 each leg.

4.Bicep curls (using a gallon milk jug, watermelon, or another weight): 10 each arm.

5.Plank: 30 seconds (keep you hips in line with shoulders and ankles)

6.Jumping Jacks: 20 reps

Workout 2 (Cardio and Core)

1. Jumping Jacks 20 reps
2. V Sit hold for 30 seconds (or V sit with Pulse to make more difficult)
3. Plank: 30 seconds
4. Jog on spot 30 seconds (or in backyard or park)
5. Wall Sit: 20 seconds
6. Sprint on spot: 10 seconds \*as fast as you can (or outside)

Workout 3 (Legs)

1. Bodyweight squat: 20 reps (Squat Jumps for more difficulty)
2. Broad Jump:10 reps (Jump as far as you can, landing softly on two feet.)
3. Jog on spot: 30 seconds (or in backyard or park)
4. Walking Lunges: 10 reps each leg
5. High knees: 30 seconds
6. Burpees: 10 reps (with push-up if it needs to be more difficult)