



WEEK #1



Day 1
Burpee Pushups
Squat Jacks



Day 2
Lat Row
Tuck Jumps



Day 3
Bi Curl to Tri Kickback
Russian Twist



Day 4
Squat to Front Kick
Butt Kick Jumps



Day 5
Clean Squat & Press
Jack Knife Twist



Day 6
Squat with Bi Curl
Lunge with Tri Extension



Day 7
Power Walk/Run – 25 Min

WEEK #2

Beginner Level: 25 Repetitions per exercise (per side as applicable) // Day 7 Power Walk

Intermediate Level: 75 Repetitions per exercise (per side as applicable) // Day 7 Jog/Run

Advanced Level: 225 Repetitions per exercise (per side as applicable) // Day 7 Interval Runs – 1 Min Hard, 1 Min Easy

Extreme Option: Take Offs!

50 Repetitions per exercise (per side as applicable)

Do all items in one day:

Day 1: Complete Day 1-7

Day 2: Complete Day 2-7

Day 3: Complete Day 3-7

Day 4: Complete Day 4-7

Day 5: Complete Day 5-7

Day 6: Complete Day 6 & 7

Day 7: Complete Day 7 Only

Repeat for Week 2

The weight you choose is up to you. You can use dumbbells, kettlebells, water bottles filled with sand or water, soup cans or just use body weight!

Any exercise can be substituted for low impact or reduced effort modifications. If you have questions, contact Catherine!

Plank Jacks: <https://www.youtube.com/watch?v=UmbhcRt-s58>

Note: don't let your hips drop as you jack!

Squats: <https://www.youtube.com/watch?v=auy654Sr30o>

Jack Knife: <https://www.youtube.com/watch?v=-4wSVuGTcKU>

Pushup: <https://www.youtube.com/watch?v=IODxDxX7oi4>

Lunges: <https://www.youtube.com/watch?v=1QS-kExwLY4>

Mountain Climbers: <https://www.youtube.com/watch?v=P2r3yNnJq-0>

Dips: <https://www.youtube.com/watch?v=6kALZikXxLc>

Star Jumps: <https://www.youtube.com/watch?v=qwEzQWPLJfA>

Clean Squat and Press: <https://www.youtube.com/watch?v=sFFoOKkYpl0>

Note: You can use soup cans, dumbbells, or no weight!

Bicep Curls: <https://www.youtube.com/watch?v=jScXsFgOdsI>

Note: You can use water bottles, soup cans, dumbbells, or no weight!

Leg Levers: <https://www.youtube.com/watch?v=y3CskNrlkXM>

Bicycles: <https://www.youtube.com/watch?v=9FGilxCbdz8>

It is likely you know most exercises.
Be sure to review as needed for proper form!
You may be surprised to learn a better way!

Burpee Pushup: <https://www.youtube.com/watch?v=vwiyBGKKJ6Q>

Squat Jacks: <https://www.youtube.com/watch?v=LK3jSsdQ7M4>

Lat row: https://www.youtube.com/watch?v=ZKC4Za2_5X8

Tuck Jump: <https://www.youtube.com/watch?v=r7oBejx1PHM>

Bicep curl to Tricep Kickback: <https://www.youtube.com/watch?v=GEigCKH2kkg>

Note: You can use soup cans, dumbbells, or no weight!

Russian Twist: <https://www.youtube.com/watch?v=V94UDjkJy5k>

Squat to Front Kick: <https://www.youtube.com/watch?v=9aCMQ-VxPCk>

Butt Kick Jumps: https://www.youtube.com/watch?v=7APPOjk_ekA

Clean Squat and Press: <https://www.youtube.com/watch?v=sFFoOKkYpl0>

Note: You can use soup cans, dumbbells, or no weight!

Jack Knife Twist: (Jack Knife – twist to one side on the top)

Squat with Bicep Curl: <https://www.youtube.com/watch?v=aFwNzTjZ4VI>

Lunge with Tricep Extension: https://www.youtube.com/watch?v=cF4f_u_s3go