

DAY 1

At-Home Activities

3x3
3 exercises x 3 times

WALL SIT

Lean against a wall pretending to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.

WALK DOWN SUPERMAN

Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.

PUSH-UP TO SIT-UP

Perform 5 push-ups and then 5 sit-ups. Rest for 10 seconds and repeat 2 more times.

Rest – 2 minutes

WALL SIT

Lean against a wall pretending to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.

WALK DOWN SUPERMAN

Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.

PUSH-UP TO SIT-UP

Perform 5 push-ups and then 5 sit-ups. Rest for 10 seconds and repeat 2 more times.

Rest – 2 minutes

WALL SIT

Lean against a wall pretending to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.

WALK DOWN SUPERMAN

Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.

PUSH-UP TO SIT-UP

Perform 5 push-ups and then 5 sit-ups. Rest for 10 seconds and repeat 2 more times.

Running

Fartlek Running

Warm up with 3-5 minutes of easy jogging.

Then do 5 sets of...
30 seconds fast pace
1 minute jog

DAY 2

At-Home Activities

Tabata
20 sec. work, 10 sec. rest

180 jumps – 20 sec.
Lunge switchers - 20 sec.
Inchworms - 20 sec.
Burpees - 20 sec.
Side plank left - 20 sec.
Side plank right - 20 sec.
Floor to ceiling jumps - 20 sec.
Squat jumps - 20 sec.

Rest – 2 minutes

180 jumps – 20 sec.
Lunge switchers - 20 sec.
Inchworms - 20 sec.
Burpees - 20 sec.
Side plank left - 20 sec.
Side plank right - 20 sec.
Floor to ceiling jumps - 20 sec.
Squat jumps - 20 sec.

Rest – 2 minutes

180 jumps – 20 sec.
Lunge switchers - 20 sec.
Inchworms - 20 sec.
Burpees - 20 sec.
Side plank left - 20 sec.
Side plank right - 20 sec.
Floor to ceiling jumps - 20 sec.
Squat jumps - 20 sec.

Running

Interval Running
Triple Double

Warm up with 3-5 minutes of easy jogging.

Sprint 20 seconds, rest for 10 seconds.
Sprint back to the start.
Rest for 3 minutes.
Sprint 20 seconds, rest for 10 seconds.
Sprint back to the start.
Rest for 3 minutes.
Sprint 20 seconds, rest for 10 seconds.
Sprint back to the start.

Cool down with 3-5 minutes of easy running.

DAY 3

At-Home Activities

3x3
3 exercises x 3 times

JUMP SQUAT TABATA

Work for 20 seconds
Rest for 10 seconds
Jump squats
Do 8 times.

HALF BURPEES

Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.

PLANK CHALLENGE

High plank hold – 20 sec.
Low plank hold - 20 sec.
Shoulder taps - 20 sec.

Rest – 2 minutes

JUMP SQUAT TABATA

Work for 20 seconds
Rest for 10 seconds
Jump squats
Do 8 times.

HALF BURPEES

Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.

PLANK CHALLENGE

High plank hold – 20 sec.
Low plank hold - 20 sec.
Shoulder taps - 20 sec.

Rest – 2 minutes

JUMP SQUAT TABATA

Work for 20 seconds
Rest for 10 seconds
Jump squats
Do 8 times.

HALF BURPEES

Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.

PLANK CHALLENGE

High plank hold – 20 sec.
Low plank hold - 20 sec.
Shoulder taps - 20 sec.

Running

Steady Running

12-14 minutes of steady, continuous running at any pace.

DAY 4

At-Home Activities

Tabata
20 sec. work, 10 sec. rest

Jumping jacks – 20 sec.
Forward lunges - 20 sec.
Plank up downs - 20 sec.
Shoulder taps - 20 sec.
High knees - 20 sec.
Bum kickers - 20 sec.
Flutter kicks - 20 sec.
Leg lowers - 20 sec.

Rest – 2 minutes

Jumping jacks – 20 sec.
Forward lunges - 20 sec.
Plank up downs - 20 sec.
Shoulder taps - 20 sec.
High knees - 20 sec.
Bum kickers - 20 sec.
Flutter kicks - 20 sec.
Leg lowers - 20 sec.

Rest – 2 minutes

Jumping jacks – 20 sec.
Forward lunges - 20 sec.
Plank up downs - 20 sec.
Shoulder taps - 20 sec.
High knees - 20 sec.
Bum kickers - 20 sec.
Flutter kicks - 20 sec.
Leg lowers - 20 sec.

Running

Interval Running
Double Up

Warm up with 3-5 minutes of easy jogging.

Sprint 5 seconds, walk back to start.
Sprint 5 seconds, walk back to start.
Sprint 10 seconds, walk back to start.
Sprint 10 seconds, walk back to start.
Sprint 15 seconds, walk back to start.
Sprint 15 seconds, walk back to the start.

Cool down with 3-5 minutes of easy running.

DAY 5

At-Home Activities

3x3
3 exercises x 3 times

VERTICAL JUMP

Jump up high – 30 sec.
Rest - 30 sec.
Jump up high - 30 sec.

ABS!

10 knee to elbow planks
10 crunches
10 superman poses

WILD ARMS

10 arm circles front
10 arm circles back
10 forward punches
10 raise the roofs

Rest – 2 minutes

VERTICAL JUMP

Jump up high – 30 sec.
Rest - 30 sec.
Jump up high - 30 sec.

ABS!

10 knee to elbow planks
10 crunches
10 superman poses

WILD ARMS

10 arm circles front
10 arm circles back
10 forward punches
10 raise the roofs

Rest – 2 minutes

VERTICAL JUMP

Jump up high – 30 sec.
Rest - 30 sec.
Jump up high - 30 sec.

ABS!

10 knee to elbow planks
10 crunches
10 superman poses

WILD ARMS

10 arm circles front
10 arm circles back
10 forward punches
10 raise the roofs

Running

Steady Running

7-10 minutes of steady, continuous running at any pace.