

At Home Workout 1

Full Body Cardio Circuit

Warm-up

Neck Rolls 15 seconds each direction

Shoulder Shrugs 30 seconds

Jumping Jacks 35 seconds

Trunk Twists 30 seconds

Arm Circles – 30 seconds

Stand-ups, Sit downs – 30 seconds

Toe Touches 30 seconds

Calf Raises – 35 seconds

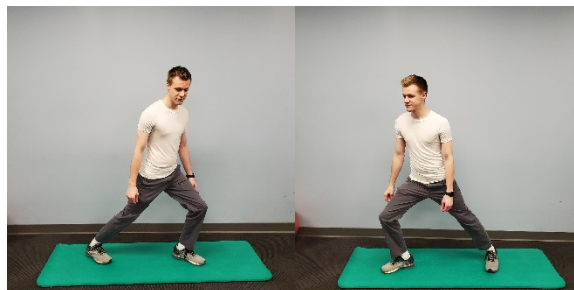
Ankle Circles – 35 seconds each leg

Work-Out – 2 Full Sets, Follow List, Work Through It Again

Standing butt Kicks – 30 seconds



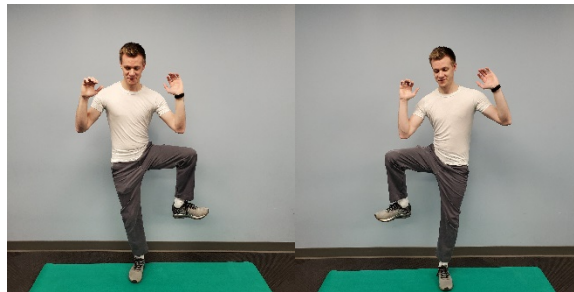
Side lunges – 1:00 minute



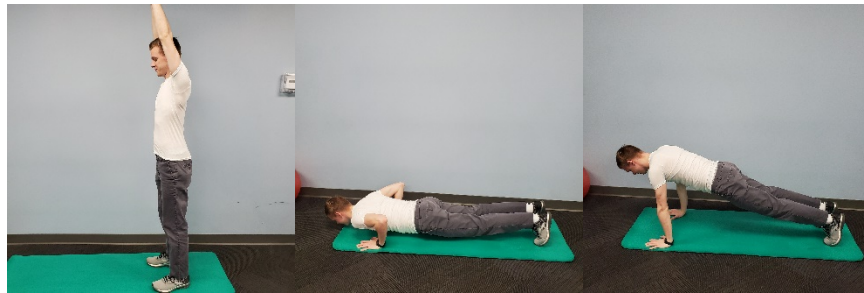
Wall Push-ups – 1:00 minute



Wacky Jacks – 30 seconds



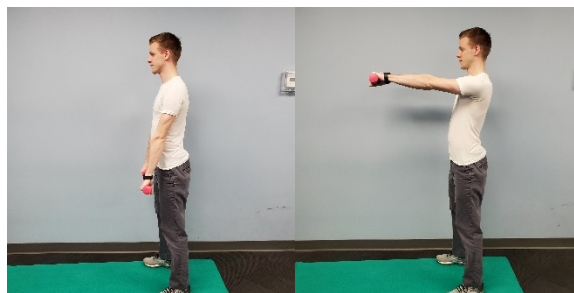
Burpees – 1:00 minute



Mountain Climbers – 1:00 minute



Frontal Raises – 30 seconds



Sumo Squats – 1:00 minute



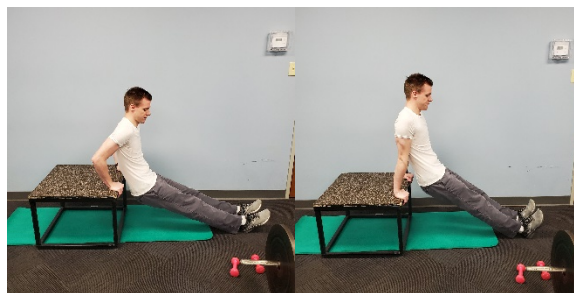
Triangle Push-ups – 1:00 minute



High Knee's – 30 seconds



Dips – 1:00 minute



Cool-Down

Lying Ankle circles – 30 seconds each ankle

Lying calf raises – 1 minute

One foot at a time toe touches – 10 up to 30 seconds each leg

Frontal Arm Stretch – 20 seconds

Side Stretch – 20 seconds

Arm in front – grab at elbow and pull – 20 seconds each arm

Shoulder shrugs – 30 seconds

Neck Rolls – 15 seconds each direction