



Home workout

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Session 18	
Warm Up	
1 Rounds	
I-Y-T-W	x4
Arm Full Circles	x4
Streamline to Roll Down	x4
Dynamic Waiter's Bow	x4
Trump Twist	x4
2 Rounds	
Inch Worm	---
Plank	10 Seconds
Downward Dog	10 Seconds
Dog Walk	10 Seconds
Press UPs	x3
Inch Worm	---
Streamline	---
2 Rounds	
Jog	30 Seconds
Side Hop	20 Seconds
Bounce	10 Seconds
Jumping Jack	30 Seconds
Burpees	20 Seconds
Jab Jab Squat	10 Seconds
Cardiovascular	
1 Round - Bring Sally Up Press Up Challenge	
Press Up to the song	
Down on "down"	
Up on "up"	Song: https://www.youtube.com/watch?v=koMp3ei4xJw
Cool Down/Flexibility	
2 Rounds	
Strap Shoulder Loosener	x4
Overhead strap stretch	20 seconds
Waiter's Bow	20 seconds
Low Lunge & Chest Stretch	20 seconds
Cobra	20 seconds
Kneeling Back Stretch	20 seconds
Cat Stretch	x4
Mid Back Stretch	x4
Video Tutorial: https://www.instagram.com/tv/B-mNW2vlnDw/?igshid=121ug6xelfpou	

Weekly plan	
Monday	Core & CV
Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
Saturday	Resistance Band & Burpee Challenge
Sunday	Bring Sally Up - Press Up



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Session 17	
Warm Up	
2 Rounds	
Jog	20 Seconds
High Knees	20 Seconds
Inch Worm	10 Seconds
Rest	10 Seconds
Bounce	20 Seconds
Higher Knees	20 Seconds
Trump Twist	10 Seconds
Rest	10 Seconds
Squat, Squat, Jump	20 Seconds
Mountain Climbes	20 Seconds
Shoulder Shuffle	10 Seconds
Rest	10 Seconds
Frog Jump - Walk Back	20 Seconds
Jumping Jacks	20 Seconds
Press Ups	10 Seconds
Rest	10 Seconds
Resistance Band Workout	
3 Rounds x 8 - 15 reps per exercise	
Reverse Flye	x8-15
Seated Row	x8-15
Sword Fighter	x8-15
Chest Press	x8-15
Archery Pulls	x8-15
Forearm Flexion	x8-15
Forearm Extension	x8-15
Challenge	
1 minutes challenge - how many reps?	
Burpees	---
Cool Down/Flexibility	
1 Rounds	
Wrist Stretch - Flexion & Extension	20 seconds
Tricep Stretch	20 seconds
90 Degree Stretch	20 seconds
Low Lunge Side Bend	20 seconds
Cobra	20 seconds
Lying Twist	20 seconds
Video Tutorial: https://www.instagram.com/tv/B-llpxHlm8v/?igshid=mhb3x8pladv3	

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Session 16	
Warm Up	
2 Rounds	
Jog - Bounce - Hop	30 Seconds
Inch Worm	x1
Press Ups	x4
Inch Worm	x1
Squat	x3
Inch worm	x1
Cat Stretch	x2
Inch worm	x1
Tuck Jump	x1
2 Rounds	
Sumo Squat	x5
Bounce	x4
Lunge	x3
CV - Triset: 30" / 15" / 20" 2/4/6 Rounds	
Set 1	
Toe Taps	x20
Squats	x12
One Legged Bridge	x4
Rest	60 Seconds
Set 2	
Lunges	x6
High Knees	x20
Bent Over Balance	x2
Rest	60 Seconds
Set 3	
Pistol Squats	x3
Glute Kick Backs	x6
Side-to-Side Low Hops	x20
Rest	60 Seconds
Finisher	
Jumping Jacks	30 Seconds
Burpees	20 Seconds
Side-to-Side Low Hops	15 Seconds
Cool Down/Flexibility	
1 Rounds	
Full Body Stretch	20 seconds
Quad Stretch	20 seconds
Half Pyramid Stretch	20 seconds
Walking Dog	20 seconds
Low Lunge Side Bend	20 seconds
Cobra	20 seconds
Video Tutorial: https://www.instagram.com/tv/B-hBcuzF711/?igshid=1e14r4rkzpiyy	

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Session 15	
Warm Up	
3 Rounds	
Jog	20 Seconds
Side to Side Hops	10 Seconds
Jog	20 Seconds
High Knees	10 Seconds
Leg Swings	x4
Arm Swings	x4
2 Rounds	
Half Jack	x10
Full Jack	x10
Squat	x10
Plank	10 Seconds
Balnce Tap Star	x1
Plank Tap Star	x1
CV - Triset: 30" / 15" / 20" 2/4/6 Rounds	
Set 1	
Half Jack - Full Jack	30 Seconds
Press Ups	15 Seconds
Full Jack - Squat	20 Seconds
Rest	55 Seconds
Set 2	
Inch Worm - Tuck	30 Seconds
Plank	15 Seconds
Squat Jumps	20 Seconds
Rest	55 Seconds
Set 3	
Jog (run)	30 Seconds
Frog Jumps	15 Seconds
Lunges (explosive)	20 Seconds
Rest	55 Seconds
Cool Down/Flexibility	
1 Rounds	
Low Lunge Side Bend	20 seconds
All 4's Mid Back	20 seconds
Kneeling Back Stretch	20 seconds
Butterfly Stretch	20 seconds
Sitting Figure 4	20 seconds
V Site Hamstring Stretch	20 seconds
Video Tutorial: https://www.instagram.com/tv/B-embuFjBm/?igshid=yagud914k5yh	

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Session 14	
Warm Up	
4 Rounds - 20" Exercise - 10" Rest	
Jog	20 Seconds
Side Hops	20 Seconds
Half Jacks	20 Seconds
Heel Flicks	20 Seconds
4 Rounds	
Squats	x4
Inch Worm	x1
Press Up with Mountain Climber	x4
Inch Worm	x1
Trump Twists	x4
HITT Workout - 30" Exercise - 20" Rest	
1-4 Rounds	
Jab Jab Squat	30 Seconds
Jumping Jack to Frog Jump	30 Seconds
Up - Down Planks	30 Seconds
Leg Raise	30 Seconds
Burpee	30 Seconds
Cool Down/Flexibility	
1 Rounds	
Streamline	20 seconds
90 Degree Bend	20 seconds
Low Lunge with Chest Stretch	20 seconds
Low Lunge with Shoulder Stretch	20 seconds
Cobra	20 seconds
Lying Twist	20 seconds
Lying Figure 4 Strethc	20 seconds
Video Tutorial: https://www.instagram.com/tv/B-b6ynhFN3H/?igshid=16xkl8uuigndi	

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Session 13	
Warm Up	
2 Rounds	
Jog	10 Second
High Knees	15 Second
Jog	10 Second
Heel Flick	15 Second
Jog	10 Second
Press Ups	15 Second
Jog	10 Second
Jumping Jacks	15 Second
Jog	10 Second
Burpees	15 Second
Chest	
4 Rounds	
Press Ups	x5 at normal speed
Plank	10 seconds
Press Ups	x5 at slow speed
Rest	20 seconds
Shoulders - with a bottle	
4 Rounds	
Front Raise	x10
Side Raise	x10
Shoulder Press	x15
Rest	20 seconds
Back	
4 Rounds	
Half Squat Row	x10
Forward Bends	x10
Wall Arm Slides	x10
Rest	20 seconds
Cool Down/Flexibility	
1 Rounds	
Crossed Leg Side Bend	20 seconds
Low Lunge with Chest Stretch	20 seconds
Kneeling Back Stretch	20 seconds
Shoulder Stretch	20 seconds
All 4's Mid Back Stretch	20 seconds
Double Leg Hug	20 seconds
Video tutorial: https://www.instagram.com/tv/B-ZoAvplfj9/?igshid=18ag3k5nm1a3d	

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Session 12	
Warm Up	
2 Rounds	
Bounce	x8
Half Jack	x8
Jumping Jacks	x8
Tuck Jumps	x8
Leg Swings	x4
Arm Swings	x4
Frog Jumps	x2
Plank	10 Seconds
Core & CV Workout	
Rounds: 2/4/6	
High Knees	x20
Squats	x10
Jumping Jacks	x20
Plank Shoulder Taps	x10
High Knees	x20
Squat Jumps	x10
Jumping Jacks	x20
Flutter Kicks	x10
High Knees	x20
Leg Raise	x10
Jumping Jacks	x20
Plank Shuffle	x10
Cool Down/Flexibility	
1 Rounds	
Cat Stretch	20 seconds
Kneeling back stretch	20 seconds
Kneeling back side stretch	20 seconds
Cobra	20 seconds
Lying Twist	20 seconds
V Sit Hamstring Stretch	20 seconds
Video Tutorial: https://www.instagram.com/tv/B-W7TSylRem/?igshid=ej902ioo5218	

Weekly plan	
Monday	Core & CV
Tuesday	Upper Body
Wednesday	CV & Strength
Thursday	CV
Friday	Lower
Saturday	Resistance Band & Burpee Challenge
Sunday	Bring Sally Up - Press Up