

Weekly Workouts

Days 1 - 7

DAY 1 - TOTAL BODY WORKOUT

Warm-up 3-5 minutes

Perform each exercise for 30 seconds

Squats	Wall Sits
Bicep Curls	Chest Press
Calf Raises	Bridges
Bent-over Rows	Skull Crushers
Alternating Lunges	<i>Repeat 2-4 times</i>
Overhead Presses	<i>Stretch</i>

DAY 4 - TOTAL BODY WORKOUT

Warm-up 3-5 minutes

Perform each exercise for 45 seconds

Wall Sits	Calf Raises
Chest Press	Bent-over Rows
Bridges	Alternating Lunges
Skull Crushers	Overhead Presses
Squats	<i>Repeat 2-4 times</i>
Bicep Curls	<i>Stretch</i>

DAY 2 - CORE & CARDIO

Perform each exercise for 30 seconds

Jog or March	Buttkickers
Skaters	Jumping Jacks (Jills)
Mt Climbers	Roll-ups
Ab Prep (crunches)	Leg Lifts
Heel Touches	Wipers
Hip Crossovers	<i>Repeat 2-4 times</i>
	<i>Stretch</i>

DAY 5 - CORE & CARDIO

Perform each exercise for 45 seconds

Jog or March	Buttkickers
Skaters	Jumping Jacks (Jills)
Mt Climbers	Bicycles
Roll-ups	Double Crunches
Leg Lifts	Planks
Wipers	<i>Repeat 2-4 times</i>
	<i>Stretch</i>

DAY 3 - YOGA

Use video provided or a favorite. If you are familiar with yoga then follow this sequence:

Seated Twists	Warrior II
Seated Lateral Flexion	Triangle
Cat/Cow	Reverse Warrior
Down Dog	<i>Repeat other side</i>
Wide Angle Pose	Savasana

DAY 6 - REST DAY

Today is a rest day...ahhh!
A gentle yoga practice is recommended or simply take the day off.

DAY 7 - MEDITATION

Use the video provided for you or simply sit quietly in a comfortable seated position while focusing on your breath.
Feel free to use a mantra, count your breaths, or just be for as long as you would like.