

WORKOUT #1

3 Rounds – 60 Seconds each*

- ◇ High Knees
- ◇ Air Squats
- ◇ Reverse Lunges
- ◇ Plank Hold

*Just starting out? Start with 30 seconds of each. Need some extra difficulty? Add weights of some sort (medicine ball, dumbbell, saddle) for the squats and reverse lunges.

WORKOUT #3

High Intensity Intervals

Do each exercise at a high intensity for 45 seconds. Rest 15 seconds between exercises.

- ◇ Mountain Climbers
- ◇ Push-Ups
- ◇ Squats
- ◇ Crunches
- ◇ Burpees
- ◇ Plank
- ◇ Jump Squats
- ◇ Tricep Dips
- ◇ High Knees
- ◇ Lunges

WORKOUT #5

Just Starting Out

Do each exercise at a high intensity for 45 seconds. Rest 15 seconds between exercises.

40 Jumping Jacks
10 Push-Ups

30 Jumping Jacks
20 Crunches

20 Jumping Jacks
30 Walking Lunges (15 each leg)

10 Jumping Jacks
40 Small Arm Circles (20 forward and 20 backward)

WORKOUT #2

Running Intervals

5 Minutes Warm-up (brisk walk/slow jog)
1 Minute Spring (or faster run speed)
2 Minutes Jog (or walk)
1 Minute Burpees

1 Minute Sprint
2 Minutes Jog
1 Minute Push-ups

1 Minute Sprint
2 Minutes Jog
1 Minute Crunches/Sit-ups

1 Minute Sprint
2 Minutes Jog
1 Minute Squats

1 Minute Spring
2 Minutes Jog
1 Minute Plank Hold
5 Minutes Cool Down (brisk walk/slow jog)

WORKOUT #4

99 Reasons to Sweat

Run 1 Mile
33 Push-ups

Run 1 Mile
33 Air Squats

Run 1 Mile
33 Burpees