



get active.

HOME WORKOUT 3

FULL BODY

1. Move your body for 3-5 minutes to warm-up. Run in place, jumping jacks, high knees, and/or butt kicks.
2. Stretch

Complete each set of exercises before moving onto the next group.

SET 1: 3 or 4 ROUNDS OF 20 REPS EACH

1. Glute Bridge Pulse
2. Glute Bridge Steps
3. Glute Bridge Leg Ups

SET 2: 3 or 4 ROUNDS OF 20 REPS EACH

1. Toe Reach
2. Bicycles
3. Leg Switches

SET 3: 3 or 4 ROUNDS OF 20 REPS EACH

1. Fire Hydrants
2. Leg Swing
3. Donkey Kicks
4. Pulse Ups

SET 4: 3 or 4 ROUNDS OF 20 REPS EACH

1. Side Plank Pulse
2. Sit-Up with Toe Touch Twist
3. Reverse Crunch