



get active.

HOME WORKOUT

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 ROUNDS OF BACK AND FORTH
Walking Lunges - Jumping Lunges
Inch Worm - Jumping Jacks

SET 2: 3 OR 4 ROUNDS OF ALL 6 MOVES TABATA STYLE
Ex: 45 sec. work / 15 sec. rest

1. Mountain Climbers
2. Split Lunge
3. High Plank Toe Reach
4. Backwards Lunge - Pulse 1.5
5. Walkout Push-Ups
6. Plie Squat w/ Toe Touch

SET 3: 2-4 ROUNDS (10-20 EACH)

1. Sit-Up Reach w/ Twist
2. Russian Twist
3. Table Top Reach
4. Low Plank (Hold for 1 min.)



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HOME WORKOUT 2

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: 12 - 10 - 8 - 5 - 3

1. Hop Squat Forward, Then Back
2. Chair Tricep Dips
3. Burpees
4. Wide Squats With Butt Kick
5. Standing Side Ab Crunch
6. Tight Curtsey

SET 2: PLANK CRANK - 3 ROUNDS OF 20

1. Plank Reach Through
2. Knee Cross Overs
3. Shoulder Taps
4. Knee to Triceps

SET 3: 3 ROUNDS - 30 SEC. EACH + WORK YOUR WAY UP TO 1 MIN.

1. Wall Sit
2. Arm Punches



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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



get active.

HOME WORKOUT 4

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: Complete 3-4 round of any number of reps you choose!

1. Squat Jack
2. Wood Chopper
3. Plank Jacks
4. Jump Ropes
5. Heel Squats

SET 2: Complete 3-4 round of any number of reps you choose!

1. One Legged Low Plank
2. Side Lunge
3. Push-Ups
4. Crab Toe Touches
5. Butterfly Crunch