Use body weight…Any unknown movement make sure to “google” to make sure you are doing it properly.

**Day 1**

**Day 4**

\*4 Rounds

Pushups to failure

Tuck Jumps x5

Crunches x20

Leg Lifts x20

Rotational Pushups x5

**Cardio Ideas**

Walk 30 minutes

Run 20 minutes

Jump Rope 20 minutes

Yoga 20 minutes

\*30 seconds per movement,

20 second rest between movements

\* 5 Rounds

Squats

Squat Jumps

Straight Leg RDLs

Lunges

Scissor Jumps

Lateral Lunges

Tuck Jumps

Wall Sits

**Day 2**

\*15 reps of each movement

\*30 seconds between movements

\*6 Rounds

Burpees

Pushups

Plank to Pushup

Chair dips

Planks

Side Planks

**Day 3**

\*10 reps of each movement

\*30 seconds between movements

\*5 Rounds

Squat jump w/pause at bottom

Lunges x10 each leg

Glute Bridge

Fire Hydrants

Donkey Kickbacks

Mountain climbers

Sumo Squats

Good Mornings

Broad Jumps