

My Weekly At Home

WORKOUT CHECKLIST

MONDAY-ABS

1. One Minute Plank (2 sets)
2. 25 Crunches (2 sets)
3. 25 Leg raises (2 sets)
4. 25 sit ups (2 sets)
5. 25 russian twists (2 sets)
6. 25 side plank dips (2 sets)

WEDNESDAY-LEGS

1. 25 squats (3 sets)
2. 25 Lunges (2 sets)
3. 25 Jumping Jacks (2 sets)
4. 25 side lunges (2 sets)
5. 15 weighted hip bridges (2 sets)
6. 15 Reverse lunges each leg

FRIDAY-FULL BODY

1. 15 burpees (2 sets)
2. 20 jumping jacks (2 sets)
3. 15 star jumps (2 sets)
4. 20 high knees(3 sets)
5. 20 jump squats (2 sets)
6. 20 mountain climbers (2 sets)

SUNDAY-ARMS

1. One minute plank (2 sets)
2. 15 inch worms (2 sets)
3. 15 plank push ups (2 sets)
4. 15 dips(2 sets)
5. 15 weighted hip bridges (2 sets)
6. 15 push ups (2 sets)

REST DAYS

30 Minutes of yoga
30 Minute meditation
30 minute stretching
(Any of these will suffice as a rest day activity)