

Choose 1 workout, and take it easy or take it hard! You can take it easy or hard!

Tabata workout:

20 seconds on, 10 seconds rest for 10 minutes, then next!

1. Jumping jacks
2. Mountain climbers
3. Jumping lunges
4. Push-ups (on your knees if needed)
5. Sit ups
6. Burpees
7. Plank
8. High knees
9. V-ups
10. Triceps Dips (use a chair)

Squat/Plank/Push-up Challenge

Day 1: 10 squats, 10 second plank, 1 push-up
Day 2: 10 squats, 15 second plank, 2 push-ups
Day 3: 15 squats, 20 second plank, 3 push-ups
Day 4: 15 squats, 25 second plank, 4 push-ups
Day 5: 20 squats, 30 second plank, 5 push-ups
Day 6: 25 squats, 35 second plank, 6 push-ups
Day 7: 30 squats, 40 second plank, 7 push-ups

Feel the Burn

50 Jumping Jacks
40 Bicycles
30 Mountain climbers
20 squats
10 sit ups
:30 plank
10 sit ups
20 squats
30 Mountain climbers
40 bicycles
50 jumping jacks
:30 Superman

Leg Day Outside

3 rounds of:
Run/walk 400 meters
Plank 30 seconds
25 lunges
20 squats
15 high knees
10 wall sit
5 standing calf raises

Famous Dirty Dozen

12 rounds of 12 reps
(Beginners: start with 5-6 rounds)

Push ups
Squats
Sit Ups
Lunges