

# **HOME WORKOUT**

## **Monday: Legs**

- Body Squats x 3 sets of 10
- Lunges x 3 sets of 10 (each leg)
- Bridges x 3 sets of 10
- Wall Sits x 3 sets of 30 sec.

## **Wednesday: Core**

Circuit Training: go through full list once, than rest for 45 sec. 3 sets

- 30 sec. Plank
- 30 sec. Side Plank (each side)
- 30 sec. Six Inches

## **Friday: Shoulders/Chest/Arms**

- Mountain Climbers x 3 sets of 30 sec
- Shoulder Taps x 3 sets of 20 (each side)
- Pushups x 3 sets of 10 (wall push ups or girl push ups)
- Chair Dips x 3 sets of 10