

## Workout #1

### Warm-Up

Arm Circles x 20 (10 each way)  
 Jumping Jacks x 20  
 High Knees x 40 (20 each leg)  
 Butt Kicks x 40 (20 each leg)  
 Karaoke x 20  
 Skipping x 20 (10 each leg)

## Workout #2

### Warm-Up

Arm Circles x 20 (10 each way)  
 Jumping Jacks x 20  
 High Knees x 40 (20 each leg)  
 Butt Kicks x 40 (20 each leg)  
 Karaoke x 20  
 Skipping x 20 (10 each leg)

## Workout #3 (if needed)

### Warm-Up

Arm Circles x 20 (10 each way)  
 Jumping Jacks x 20  
 High Knees x 40 (20 each leg)  
 Butt Kicks x 40 (20 each leg)  
 Karaoke x 20  
 Skipping x 20 (10 each leg)

\*Rest 1-2 min. between sets

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\*Do circuit 3x (2min rest between circuits)

1. Body Wt. Squats - 4 x 12	1. D.B. Sgt./P.P. - 3 x 8 (Use soup cans or whatever you can find in place of D.B.'s)	1. Soccer Ball Jumps x 6
2. Push-ups - 3 x 12	2. Split Squat - 3 x 8 each leg	2. Skaters x 10
3. Walking Lunges - 3 x 8 each leg	3. Leg Swings (face wall) - 20 total swings per leg	3. Tuck Jumps x 5
4. Bent-Over Row OR Pull-Up - 3 x 12	4. Push-Ups - 3 x 12	4. Clap Push-ups x 5
5. Scorpions x 20 each leg	5. Split Jumps - 3x10 (5 each leg)	5. Mountain Climbers x 10 each leg
6. Chair Dips - 3 x 12	6. Bent-Over Row or Pull-Ups - 3 x 12	6. Inchworms x 5
7. Good-Morning or RDL - 3 x 12	7. Leg Swings (one hand on wall)- 20 total swings per leg	7. Wall Sit - 45 sec.-1:30
8. Kick-Overs x 20 each leg	8. Good Morning or RDL - 3 x 12	8. Single-Leg Balance - 30 sec. x 3
9. Abdominal/Core Work (see below)	9. Abdominal/Core Work (see below)	9. Abdominal/Core Work (see below)
Curl-Up x 10 (each side/leg)	Curl-Up x 10 (each side/leg)	Curl-Up x 10 (each side/leg)
Side Bridge x 10 (each side/.eg)	Side Bridge x 10 (each side/.eg)	Side Bridge x 10 (each side/.eg)
Bird Dog x 10 (each side/leg)	Bird Dog x 10 (each side/leg)	Bird Dog x 10 (each side/leg)

\*See attached pictures for instructions on the abdominal/core exercises

\*Give yourself AT LEAST 24 but IDEALLY 48 hours between workouts #1 and #2

\*ALWAYS do workouts #1 & #2 and add workout #3 "as needed"

### CURL UP



Lie on your back with your knees bent. Slide your hands under your lower back to provide support; you don't want your spine flat against the floor. Straighten one leg. Then, while keeping your neck and lower spine straight and unmoving, lift your shoulders and chest off the floor. Hold the position for about eight seconds. Repeat 10 times, then switch legs and do another 10.

### SIDE BRIDGE



Lie on your side, with your legs bent at the knee and your upper hand across your chest. Bend your lower arm so that your elbow is pointing away from your chest. Slowly raise your shoulders, keeping your spine straight, and hold for 8 to 10 seconds. Repeat on the other side. After a few weeks, do the exercise with your legs straight.

### BIRD DOG



Start on all fours, then slowly lift your right arm and left leg until each is parallel to the ground. Hold for eight seconds. Repeat with the opposite arm and leg. Do 10 reps on each side. Keep your spine straight, hips level and abdominal muscles slightly contracted. And don't forget to breathe. — G.R.