

AT HOME WORKOUT PLAN

**Monday:**

STRETCH

RL Lunges 25 x 3

LL Lunges 25 x 3

Air Squats 25 x 5

Diamond Pushups 12 x 3

Calf Raises 25 x 5 (Use stairs to get flexion)

Crunches 50 x 5

Pushups 20 x 10

Russian Twists 25 x 5 (Over & back = 1 rep)

**Tuesday:**

2 Mile Run - 12 minutes or less

Burpees 10 x 10 - Under 5 minutes

**Wednesday (CHANGE ORDER OF EXERCISES):**

STRETCH

RL Lunges 25 x 3

LL Lunges 25 x 3

Air Squats 25 x 5

Diamond Pushups 12 x 3

Calf Raises 25 x 5 (Use stairs to get flexion)

Crunches 50 x 5

Pushups 20 x 10

Russian Twists 25 x 5 (Over & back = 1 rep)

**Thursday:**

2 Mile Run - 12 minutes or less

Burpees 10 x 10 - Under 5 minutes

**Friday (CHANGE ORDER OF EXERCISES):**

STRETCH

RL Lunges 25 x 3

LL Lunges 25 x 3

Air Squats 25 x 5

Diamond Pushups 12 x 3

Calf Raises 25 x 5 (Use stairs to get flexion)

Crunches 50 x 5

Pushups 20 x 10

Russian Twists 25 x 5 (Over & back = 1 rep)

**Saturday:**

2 Mile Run - 12 minutes or less

Burpees 10 x 10 - Under 5 minutes

**Sunday:**

OFF DAY