

Move your Body!

WEEKLY WORKOUT

WEEK 1

Mon

Arms

10 plank ups
15 push ups
20 chair tricep dips
25 shoulder shrugs

x4

Tue

Legs

15 jump squats
20 lunges
25 air squats
30 calf raises

x5

Wed

Cardio

Run
30 sec
Walk
30 sec
15 min total

Notes:

Warm up :

Stretch

10 push ups
20 jumping jacks
30 High Knees
x3

Drink plenty of
water!!!

If any workout feels
easier, try adding
dumbbells !

Thu

Abs

10 reverse crunches
20 bicycle crunches
30 Russian twists

x5

Fri

Volleyball time!

- Use a wall -
100 passes
100 sets
100 swings

Sat/
Sun

Go for a walk /
rest up!