

Move your Body!

WEEKLY WORKOUT

WEEK 2

Mon

Arms

10 wide push ups
15 shoulder taps
20 chair push ups
25 Superman's /
arms only

x5

Tue

Legs

10 Bulgarian split squats
/ each leg
20 slow shuffle / down
and back
30 wall balls

x4

Wed

Cardio

Run
30 sec
Walk
30 sec
20min total

Thu

Abs

20 sit ups
25 squirming turtles
30 sec plank

x5

Fri

Volleyball time!

- Use a wall -
100 passes
100 sets
100 swings

Sat/
Sun

Go for a walk /
rest up!

Notes:

Warm up :

Stretch
15 high knees
30 lateral skater
reaches
x3

Drink plenty of
water!!!

If any workout feels
easier, try adding
dumbbells !