

Move your Body!

WEEKLY WORKOUT

WEEK 4

Mon

Arms

10 burpees
20 wall clap pushups
30 touchdown
pulses

x 5

Tue

Legs

10 each leg / curtsy
lunges
25 pulse squats
30 total / forward lunge
into squat

x4

Wed

Cardio

Run
30 sec
Walk
30 sec
30min total

Notes:

Warm up :

Stretch
20 calf raises
20 butt kicks
10 scorpions
x3

Drink plenty of
water!!!

If any workout feels
easier, try adding
dumbbells !

Thu

Abs

20 bicycle crunches
20 v-ups
20 Russian twists

x5

Fri

Volleyball time!

- Use a wall -
100 passes
100 sets
100 swings

Sat/
Sun

Go for a walk /
rest up!