

# Move your Body!

WEEKLY WORKOUT

WEEK 3

Mon

Arms

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100 push ups  
250 shoulder taps

Break it up how you  
want!

(Ex: 10/25 x10)

Tue

Legs

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20 each side / slow side  
shuffle

25 air squats  
30 total / lunges

x5

Wed

Cardio

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Run  
30 sec  
Walk  
30 sec

**25 min total**

Notes:

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Warm up :

Stretch

30 sec

Run in place  
30 Superman's

**x3**

Drink plenty of  
water!!!

If any workout feels  
easier, try adding  
dumbbells !

Thu

Abs

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:30 sec side plank R  
:30 sec side plank L  
1 min plank

**x8**

Fri

Volleyball time!

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- Use a wall -  
100 passes  
100 sets  
100 swings

Sat/  
Sun

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Go for a walk /  
rest up!