



Workout #1

Focus: Core and Back/Biceps

Warm Up:

- 10 minutes brisk walking (in place, on a treadmill, outside, etc)
 - Goal: get HR up
- 20 shoulder [up/overs](#) (can do with a resistance band or dowel- shoulder warm up)
 - If no resistance band or dowel do 20 arm circles forward/backward
- 10 cat/cow
- 10 toe touches (with knees slightly bent) to up and hands overhead

Back/ Biceps/ Triceps (body weight or dumbbells):

If not using dumbbells, increase the number of reps for each exercise. If using dumbbells, start low with weight to keep good form and increase as needed.

- [Renegade Row \(on knees\)](#): 3 sets of 10/side
 - Weight:
- [Dumbbell Pullover](#): 3 sets of 10
 - Weight:
 - Lay on floor. Lift the dumbbell over your head and then bring it back to center.
- Chest Fly: 3 sets of 10
 - Weight:
 - Option 1: [Standing](#). Option 2: [Lay on the floor with knees bent](#).
- [Hammer Curls](#) (seated or standing): 3 sets of 10
 - Weight:
- [Butterfly Tricep Dips](#) 3 sets of 10
- [Bicep Curls](#) (seated or standing): 3 sets of 10
 - Weight:

Cool Down (hold each stretch for 30 seconds):

- Stretch out arms:
 - Tricep Stretch
 - Bicep Stretch
 - Shoulder Up/Overs
- Staff Pose and bend towards toes



Workout #2

Focus: Core and Legs/Shoulders

Warm Up:

- 10 minutes brisk walking (in place, on a treadmill, outside, etc)
 - Goal: get HR up
- 20 alternating chest hugs
- 5 squats
- 10 cat/cow

Legs (body weight or dumbbells):

If not using dumbbells, increase the number of reps for each exercise. If using dumbbells, start low with weight to keep good form and increase as needed.

- *Superset: Do both exercises. Rest 60 seconds. Repeat x3*
 - Kettlebell or [Dumbbell Swings](#) x10
 - weight:
 - [Woodchop](#) (with or without dumbbell) x10/side
 - weight:
- *Superset: Do both exercises. Rest 60 seconds. Repeat x3*
 - [Goblet Squat](#) x10
 - weight:
 - [Lunge twist](#) with dumbbell or medicine ball x10/side
 - weight:

Circuit:

Perform exercises on a yoga mat

HIIT Format: 30 seconds work/ 30 seconds rest (if needed switch to 20 seconds work/ 40 seconds rest as we build up endurance) 3-5 sets

- [Ankle Tap Pushups](#)
- [Triangle Crunch](#)
- [Bird Dog](#)
- [Frog Crunches](#)
- [Leg Drops \(support under back\)](#)

Cool Down (hold each stretch for 30 seconds):

- Downward Dog
- Pigeon Pose- each side
- Lizard Pose- each side
- Butterfly Pose



Workout #3

Focus: Total Body

Warm Up:

- 10 minutes brisk walking (in place, on a treadmill, outside, etc)
 - Goal: get HR up
- 10 arm circles forward/backward
- 10 shoulder up/overs with band
- 10 cat/cow

Shoulders/Triceps (body weight or dumbbells):

If not using dumbbells, increase the number of reps for each exercise. If using dumbbells, start low with weight to keep good form and increase as needed.

- *Superset: Do both exercises. Rest 60 seconds. Repeat x3*
 - [Renegade Row \(on knees\)](#): 10/side
 - Weight:
 - [Dumbbell Pullover](#) x10
 - Weight:
 - Lay on floor. Lift the dumbbell over your head and then bring it back to center.
- *Superset: Do both exercises. Rest 60 seconds. Repeat x3*
 - [Tricep Extension](#) x10
 - Weight:
 - [Chest Fly Glute Bridge](#) x10
 - Weight:
 - Option 1: [Standing](#). Option 2: [Lay on the floor with knees bent](#).

Core Circuit:

Perform exercises on a yoga mat

HIIT Format: 30 seconds work/ 30 seconds rest (if needed switch to 20 seconds work/ 40 seconds rest as we build up endurance) 3-5 sets

- Plank up/downs (on knees- be sure to engage core)
- Squats
- Wide Arm Push Ups
- Squats
- Plank Jacks- modified: one leg at a time
- Squats