

STAR-SPANGLED BANNER WORKOUT

**Do 20 reps of each of the below exercises
then rest 1 minute; then do 15 of each
exercise and rest 1 minute; then 10 of each,
and rest 1 minute, then 5 of each, DONE!**

(splitting up the number of reps of each exercise in each set to get to the specified number is permitted, as is doing a modification of the exercise > i.e. step side-to-side instead of jumping; use TRX straps or a bar for support when doing the squats, use a bench or on your knees for the pushups)

Jumping Jax

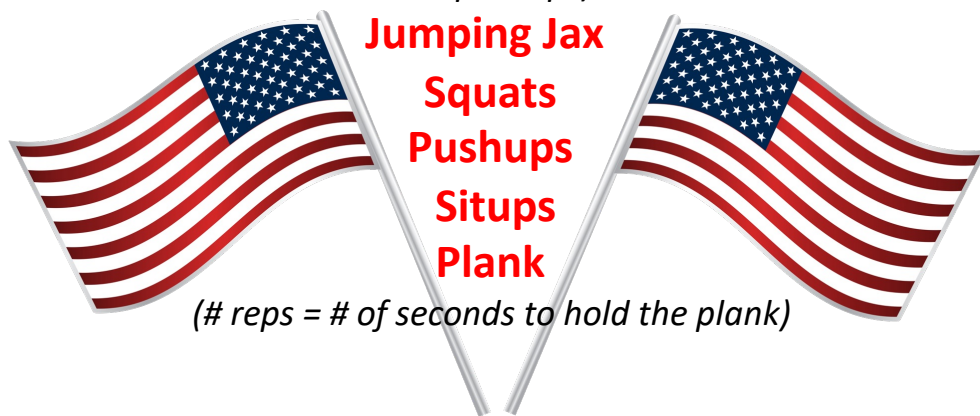
Squats

Pushups

Situps

Plank

(# reps = # of seconds to hold the plank)



Separate from the above:

**For 30 minutes: walk, run, ride a bike, play
pickle ball, swim or some other form of
cardio that you enjoy!**



DO IT FOR LIFE NOW!