**Home Workout**

**Elliptical**

5 min steady warm up (level 10-13)

30 seconds lower body speed, Heels down, crouching low, level 15+

30 sec recovery

30 seconds upper body focus, speed, level 15+

30 sec recovery

REPEAT 10+ sets

**Home Strength**

20 walking lunges

15 Bicep Curls

5 Pushups

15 ab Crunches

10 tricep Pushups (Hands close)

REPEAT 4 X

**Rubber Tubing Workout**

15 Bicep curls

15 Flamingo Triceps overhead extensions

15 Flamingo Shoulder Press

15 Squat heels firm

Repeat 5 X