

# 4 WEEK *at home* PLAN...



## *the warm-up*

5-10 minutes

1. Jumping Jacks: 2 minutes

- Start with 1 minute of regular jumping jacks to get your heart rate up.
- Perform an additional 1 minute at a slightly faster pace.

2. Arm Circles: 1 minute

- Stand with feet shoulder-width apart.
- Extend your arms to the sides and make small circles forward for 30 seconds, then backward for 30 seconds.

3. Leg Swings: 2 minutes

- Hold onto a stable surface for balance.
- Swing one leg forward and backward for 30 seconds, then switch to the other leg.
- Repeat the same movement swinging each leg side-to-side for 30 seconds each.

4. Hip Circles: 1 minute

- Stand with feet shoulder-width apart and place hands on your hips.
- Make large circles with your hips, rotating clockwise for 30 seconds, then counterclockwise for 30 seconds.

5. High Knees and Butt Kickers: 2 minutes

- March in place for 30 seconds while raising knees toward chest, then kick feet toward butt for 30 seconds. Repeat.