

Workout #1

| Super Set #1 | Sets | Reps | Intensity | Description |
|------------------------------|------|------|--------------------------|--|
| Lateral Walks | 2 | 1 | 15 seconds on each side | <ol style="list-style-type: none"> Stand with your feet hip-width apart and slightly bend your knees Take a step to the right with your right foot till your feet are shoulder-width apart Take a step to the right with your left foot till your feet are hip-width apart Repeat and switch to the left |
| Obliques Stretch | 2 | 1 | 30 second hold each side | <ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart. Place your right hand on your hip and raise your left arm Incline your torso to the right until you feel a stretch Repeat and switch to the left |
| Arm Cross Sidestep | 2 | 1 | 30 seconds | <ol style="list-style-type: none"> Stand tall with your feet shoulder-width apart and your arms horizontally to the sides Step out to the side with your right leg and cross your arms at the front Return to the starting position and repeat with your left leg |
| Super Set #2 | Sets | Reps | Intensity | Description |
| Forward Lateral Arm Circles | 2 | 1 | 30 seconds | <ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart Raise and extend your arms to the side without bending your elbows Slowly rotate your arms forward, making small circles |
| Backward Lateral Arm Circles | 2 | 1 | 30 seconds | <ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart Raise and extend your arms to the side without bending your elbows Slowly rotate your arms backward, making small circles |
| Standing Mountain Climbers | 2 | 1 | 15 seconds each side | <ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart Bring your right knee up to waist level and extend your left arm over your head Return to starting position and then repeat on the opposite side |

Workout #2

| Super Set #1 | Sets | Reps | Intensity | Description |
|------------------------|------|--------------|--------------------------|---|
| Clamshell | 2 | 1 | 30 seconds | <ol style="list-style-type: none"> Lie on your side with your knees slightly bent, with one leg on top of the other Keep your feet together and lift your top knee until it's parallel with your hip Lower your knee to the starting position, repeat, and switch sides |
| Arm Swings | 2 | 1 | 30 seconds | <ol style="list-style-type: none"> Stand up straight with your knees slightly bent and your feet shoulder-width apart Stretch your arms horizontally to the sides Cross your arms at the front and then quickly bring them back Repeat this back and forth movement |
| Bend Over Twist | 2 | 10 each side | Bodyweight | <ol style="list-style-type: none"> Stand straight with your feet slightly wider than shoulder-width apart and raise your arms to the sides Bend and rotate your torso to the right, touching your right foot with your left hand Return to the starting position and repeat on both sides |
| Super Set #2 | Sets | Reps | Intensity | Description |
| Modified Jumping Jacks | 2 | 10 | Bodyweight | <ol style="list-style-type: none"> Stand straight with your feet together and hands by your side Take a step to the right and bring both hands together above your head Bring your right leg in, lower your arms and return to the starting position Repeat with the left leg and alternate each time |
| Hip Circles | 2 | 1 | 30 seconds on both sides | <ol style="list-style-type: none"> Stand straight with your feet a little wider than shoulder-width apart. Bend your knees slightly and place your hands on your hips Slowly rotate your hips, making big circles |
| Calf Raises | 2 | 10 | Bodyweight | <ol style="list-style-type: none"> Stand straight with your feet hip-width apart and your toes pointing forward Raise your heels off the floor and squeeze your calves Return to starting position and repeat |

Workout #3

| Super Set #1 | Sets | Reps | Intensity | Description |
|------------------------------|------|---------------------|------------|---|
| Glute Bridge | 2 | 10 | Bodyweight | <ol style="list-style-type: none"> Lie on your back with your hands by your sides and your knees bent Lift your hips off the floor, squeeze your glutes at the top |
| Elbow Squeeze Shoulder Press | 2 | 20 | Bodyweight | <ol style="list-style-type: none"> Stand with your feet shoulder-width apart, raise your arms until your upper arms are parallel to the floor and elbows are directly under your wrist Bring your elbows and forearms to the midline of your body and then return to starting position Push arms up and fully extend your arms |
| Heel Touches | 2 | 10 each side | Bodyweight | <ol style="list-style-type: none"> Lie on your back, keep your knees bent, arms at the sides, and keep your back and feet flat on the mat Crunch forward and to the left, touching your left heel with your left hand and hold Return slowly to the starting position and repeat the movement on the right side Repeat this side to side movement |
| Super Set #2 | Sets | Reps | Intensity | Description |
| Squat | 2 | 10 | Bodyweight | <ol style="list-style-type: none"> Stand with your feet shoulder-width apart Bend your knees, press your hips back and stop the movement until thighs are parallel to the ground Press your heels into the floor and return to starting position |
| Bird/Dog | 2 | 10 | Bodyweight | <ol style="list-style-type: none"> Start on your hands and knees with hands under your shoulders and your knees under your hips Extend one leg and the opposite arm at the same time Return to starting position and switch sides |
| Shoulder Rolls | 2 | 15 seconds each way | Bodyweight | <ol style="list-style-type: none"> Stand straight with your arms by your sides and feet shoulder-width apart Slowly rotate your shoulders forwards in a circle Repeat movement backwards |