

Workout #1

Super Set #1	Sets	Reps	Intensity	Description
Forward Lunges	2	6 each leg	Bodyweight	<ol style="list-style-type: none"> Stand with your feet hip-width apart Take a step forward and then bend both knees until your back knee is just above the floor Stand back up, repeat and switch legs
High Knee	2	1	30 seconds	<ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart Bring your knees up to waist level and then land on the balls of your feet
Heel Touches	2	20	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
Side Lunge	2	6 each leg	Bodyweight	<ol style="list-style-type: none"> Stand straight with your feet hip-width apart Step out to the side and transfer your weight to that leg Use you lead foot to push you back to starting position Repeat and switch sides
Butt Kicks	2	1	30 seconds	<ol style="list-style-type: none"> Stand tall with your feet shoulder-width apart Start kicking your feet up to your glutes and pump your arms
Flutter Kicks	2	20	Bodyweight	<ol style="list-style-type: none"> Lie on your back with your hands by your sides or place them underneath your glutes Alternate stacking your feet on top of each other
Super Set #3	Sets	Reps	Intensity	Description
Backward Lunges	2	6 each leg	Bodyweight	<ol style="list-style-type: none"> Stand with your feet hip-width apart Take a step backwards and then bend both knees until your back knee is just above the floor Stand back up, repeat and switch legs
Jumping Jacks	2	1	30 seconds	<ol style="list-style-type: none"> Stand straight with your feet together and hands by your sides Jump up, spread your feet and bring both hands together above your head Jump to return to the starting position
Scissor Kicks	2	20	Bodyweight	<ol style="list-style-type: none"> Lie on your back with your hands by your sides or place them under your glutes Lift your legs and alternate crossing your feet on top of each other

Workout #2

Super Set #1	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 tights are parallel to the ground Press your heels into the floor and return to starting position
Cat-Cow	2	10	Bodyweight	<ol style="list-style-type: none"> Start on your hands and knees Drop your head and pull your abs in, rounding your back and neck Hold, then raise your head and curve your back down towards the floor
Plank	2	1	30 seconds	<ol style="list-style-type: none"> Get into a push-up position, with your elbows under your shoulders and your feet hip-width apart Bend your elbows and rest your weight on your forearms and your toes, keeping your body in a straight line
Super Set #2	Sets	Reps	Intensity	Description
Wall Sit	2	1	30 seconds	<ol style="list-style-type: none"> Stand with your back to a wall, feet hip-width apart and slightly in front of you Lean back into the wall and slide down like you're sitting in a chair. Your Knees should be bent at 90 degrees with your knees above your ankles
Good Mornings	2	10	Bodyweight	<ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart and place your hands behind your head Start bending at the hips, push your hips back and bend over close to parallel
Right Side Plank	2	1	30 seconds	<ol style="list-style-type: none"> Lie on your side with your body fully extended Lift your body off the ground and balance your weight between your forearm and the side of the foot Keep your body in a straight line and hold
Super Set #3	Sets	Reps	Intensity	Description
Clamshell	2	6 each side	Bodyweight	<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
Push-Ups	2	6	Bodyweight	<ol style="list-style-type: none"> Start with your legs extended back, place hands below your shoulders, slightly wider than shoulder-width apart Start bending your elbows and lower your chest to the ground Push back up to the starting position
Left Side Plank	2	1	30 seconds	<ol style="list-style-type: none"> Lie on your side with your body fully extended Lift your body off the ground and balance your weight between your forearm and the side of the foot Keep your body in a straight line and hold

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
Inchworm	2	10	Bodyweight	<ol style="list-style-type: none"> Stand straight with your feet shoulder-width apart Bend over and touch the floor with the palms on your hands Walk your hands out, as far as you can while keeping your legs straight Walk back up to starting position and repeat
Crunches	2	10	Bodyweight	<ol style="list-style-type: none"> Lie down on the floor, keep your knees bent, your back and feet flat, and your hands supporting your head Lift your shoulders, squeeze your abdominal muscles and hold for 1 to 2 seconds Slowly return to the starting position and repeat
Super Set #2	Sets	Reps	Intensity	Description
Squat Side Kick	2	6	Bodyweight	<ol style="list-style-type: none"> Start in a squat position and feet shoulder-width apart As you stand up switch your weight to the right leg and lift your left leg out to the side Return to the squat position and repeat with the left leg
Calf Raises	2	15	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
Russian Twist	2	10 each side	Bodyweight	<ol style="list-style-type: none"> Lie down with your legs bent at the knees Elevate your upper body so that it creates a "V" shape with your thighs Twist your torso to the right and then reverse the motion, twisting it to the left
Super Set #3	Sets	Reps	Intensity	Description
Split Squat	2	6 each leg	Bodyweight	<ol style="list-style-type: none"> Start in a split leg position, with one leg forward and one leg back Start to bend your back knee until your back knee is just above the floor Stand back up to the starting position Repeat and switch legs
Mountain Climber	2	1	30 seconds	<ol style="list-style-type: none"> Start with your body in a straight line and your hands slightly wider than shoulder-width apart. Keep your toes and balls of the feet touching the floor Bring one knee up toward the center of your stomach and then quickly alternate between legs
Knee and Elbow Press-Up	2	1	30 seconds	<ol style="list-style-type: none"> Start with your knees and elbows on the floor, with your elbows under your shoulders and knees under your hips Straighten your arms and legs at the same time and lift your hips to the ceiling