


Home Workout Plan -No Equipment Needed!

Rotation 1

Lower Body	30 Walking Lunges Alternating Legs	Heel strikes first-Move one Leg to next without break
Upper Body	8 Alternating Forearm to Hand Plank http://www.youtube.com/watch?v=r4ib3gZfBlc	Use Link for visual
Cardio	8 Jump Front to Squat-Hop Back 3 Times	

Rotation 2 - 30 second recovery-then complete 3 sets with little or no breaks.

Lower Body	8 Chair Squats with Side Kick Left Chair Squats with Side Kick Right	8 Chest 45 degree angle Knees do not go over toes
Upper Body	8 Trice Push Ups	
Cardio	10 Burpies with a Jump	

Rotation 3

Lower Body	Duck Walk - 8 steps forward, 8 back	Hands behind head. Stay low to the ground
Upper Body	10 Wall or Full Body Pushups	Use wall variation if you are unable to get chest to floor in full body
Cardio	60 Second High Knees or Jog in Place	

Rotation 4

Lower Body	30, 45 or 60 Second Wall Squat	Back flat against wall, Legs 90 degrees -toes pointed straight ahead & in line
Upper Body	30 Second Forearm Plank Hold	
Cardio	Bear Crawl Across Floor -If space does not allow, do another round of Burpees or if stairs are available -Climb stairs for 3 minutes	

Core Exercise -Then

Done 

	Down Dog Core Exercises - 3 Rounds Each Side	Knee to Nose, Knee to R or L, Knee to Opposite Side
	Boat Pose with Movement - Legs Straight or Knees Bent - Three Rounds 30 seconds each	
	10 Full Body Sit Ups	

Any questions? Feel free to email me at
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