

ACTIVE AT HOME

30 Minute Mix N Match #2

Equipment: Bodyweight OR 2 weights/cans or household items (optional)

Warm Up: 3-5 Minutes

Move around your house; go up and down stairs, run around your kitchen!

30 sec cardio intervals, repeat 2 times:

Jumping Jack, Speed Skater, Squat Jack, Mountain Climber

10 of each: Bent Over Narrow Grip Row, 10 Wide Grip Rows, 10 Reverse Flys

10 of each: Bent Over Narrow Grip Row, 10 Wide Grip Rows

10 of each: Bent Over Narrow Grip Row

10 of each: Bicep Curl, Hammer Curl, Reverse Grip Curl

10 of each: Bicep Curl, Hammer Curl

10 of each: Bicep Curls

30 sec cardio intervals, repeat 2 times:

Burpee, Cross Country Ski, Jump Squat, Plank Jack

10 of each: Shoulder Press, Upright Row, Front Raise

10 of each: Shoulder Press, Upright Row

10 of each: Shoulder Press

30 sec cardio intervals, repeat 2 times:

Mogul Ski Jump, Fast Feet, Jump Lunge, Cross Body Mountain Climber

10 of each: Push Up, Narrow Chest Press, Chest Fly

10 of each: Push Up, Narrow Chest Press

10 each: Push Up

10 of each: Tricep Kickback, Tricep Overhead Extension, Bench Dip

10 of each: Tricep Kickback, Tricep Overhead Extension

10 of each: Tricep Kickback

30 sec cardio intervals, repeat 2 times:

High Knees, Tuck Jump, Single Leg Hops, Plank Reptiles

30 sec each: Plank, Plank with Hip Dips, Star Plank

30 sec each: Plank, Plank with Hip Dips

30 sec each: Plank

Cool Down: 30 Sec per side

Calf stretch: Heel to floor, toe up on wall, lean into wall

Quad stretch: Cradle foot in same side hand, press hips forward, hold wall for balance

Hamstring Stretch: Forward fold, keep slight knee bend

Arm Stretch: Bring one arm across chest, press into extended forearm with opposite hand

Shoulder/Chest stretch: Clasp hands behind back or reach behind back and press down/away from body

Child's Pose: Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms

Breathe: Deep inhales & deep exhales

GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!

