

ACTIVE AT HOME

30 Minute Mix N Match Workout

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

Cardio: 3 rounds, 30 sec each exercise

Skip
Jumping Jacks
Toe Tap (on stair)
Mountain Climber
Speed Skater
Up/Down (on stair)
Burpee

Lower Body:

10 Jump Squats
10 Forward Lunges (each leg)
10 Back Lunges (each leg)
10 Split Squats (each leg)
10 Squats + 10 Squat Pulses
10 Jump Lunges (each leg)
10 Side Squats (each leg)
10 Side Lunges (each leg)
10 Curtsy Lunges (each leg)
10 Squats + 10 Squat Pulses
10 Jump Squats

Cardio: 2 rounds, 20 sec each exercise

Upper Body: Superset
12 Push Ups: 12 Lying Chest Press
12 Bent Over Rows: 12 Reverse Flys
12 Shoulder Press: 12 Upright Rows
12 Bicep Curls: 12 Hammer Curls
12 Tricep Overhead Extensions: 12 Tricep Dips (on stair)

Cardio: 1 round, 10 sec each exercise

Core:

30 sec. Plank
Side Plank with 10 Hip Dips (right)
20 sec. Plank
Side Plank with 10 Hip Dips (left)
10 sec. Plank
30 sec. V-Sit
V-Sit with 10 Side to Side Twists (optional weighted)
20 sec V-Sit
V-Sit with 10 Side to Side Twists (optional weighted)
10 sec V-Sit

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

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