

At Home Body Weight Workout

Day One Upper Body

Cardio Push Start: (do once through each set)

100 High Knee's

100 Butt Kicks

Rest for 2 minutes

Set 1

50 Jumping Jacks

10 Walk out Planks

15 Push Ups

Repeat each move for 3 sets

Cardio Push:

100 High Knee's

100 Butt Kicks

Rest for 2 Minutes

Set 2

10 reps Dive Bomber

15 Knee's to chest

15 Burpee's

Repeat each move for 3 sets

Cardio Push:

100 High Knee's

100 Butt Kicks

Rest for 2 Minutes

Set 3

10 Turkish Get Ups with or without weights

Plank for 30 sec set 1, 45 sec set 2, 1 minute set 3

Mountain Climbers for 100

Repeat each move for 3 sets

Cardio Push:

100 High Knee's

100 Butt Kicks

Rest for 2 Minutes

Set 4

Frankenstein's for 40 reps

Side Plank for 30 each side sec set 1, 45 sec set 2, 1 minute set 3

Lying Leg Lift for 15 reps

Repeat each move for 3 sets

If you have issues with a move, just move to the next exercise. If there is pain or discomfort during the move, again move to the next exercise.

Remember to get results we need to push ourselves past the point of comfort. If these workouts become too easy, please increase reps or contact me.

I recommend that you add cardio to your daily routine. Whether its going for a walk or run, remember social distancing, or bike ride inside or out.

It is extremely important to KEEP MOVING!! Lets stay motivated!! You got this!