

WORKOUT PLAN

HOME EDITION

NOTES

*GLUTE BANDS | ** 30 SEC HIIT, 1. AB EXERCISE, 30 SEC HIIT ETC.

INCORPORATE A 15 MIN MEDITATION ROUTINE DAILY AFTER EACH WORKOUT

MONDAY - LEGS

- JUMPING SQUATS INTO NORMAL SQUATS*
- CRAB WALKS*
- JUMPING SPLIT SQUATS
- PLANK TO SQUAT*
- PLANK W. LEG RAISES*
- ELEVATED HIP BRIDGE*
- SINGLE LEG CALF RAISES*

TUESDAY - ABS & HIIT**

- HIIT:
 - JUMPING JACKS
 - HIGH KNEES
- ABS:
 - SCISSOR SITS
 - MOUNTAIN CLIMBERS INTO SPIDER INTO PUSH UP
 - CRUNCH TWISTS
 - HEEL CRUNCHES
 - PLANK WITH HIP TWIST
 - BICYCLE CRUNCHES

WEDNESDAY - UPPER BODY

- PUSH UPS
- DIPS
- PLANK WITH SHOULDER TAPS
- SUPERMANS
- CLOSE BODY PUSH UP WITH SWIM MOVEMENT
- LAT SUPERMAN
- STAGGERED HAND PUSH UPS

THURSDAY - GLUTES

- CURTSY LUNGES
- HIP BRIDGE W. SIDE PULSE*
- SIDE RAISES*
- SINGLE LEG SQUAT W. SIT
- KICKBACK LUNGES
- DONKEY KICKS
- SIDE HIP OPENERS*

FRIDAY - FULL BODY

YOGA DAY

SATURDAY - ABS & HIIT

- HIIT:
 - STAR JUMPS
 - PLANK TO JUMP SQUAT
- ABS:
 - T ROTATION
 - SPIDER ELBOW PLANK
 - JACK KNIFE
 - RUSSIAN TWISTS
 - AB HOLDS
 - TOE TOUCHES