

HOME / VACATION/ NO EXCUSES WORKOUT
30 MINUTES DAILY + CORE + STRETCHING
YOU CAN DO IT! MAKE IT A PRIORITY!
YOU ARE WORTH IT!

Goal: Choose 15 exercises and perform for 2 minutes each without stopping. Target heart rate should be $220 - \text{age} \times 65\% - 90\%$. On a scale of perceived exertion, (1 easy5 hard), you should execute exercises at a level 2 for beginners, 3 for intermediate and 4 for hard core exercisers. (2-10 lbs. dumbbells are needed)

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| 1. Alternating squat punch | 2. ice skaters |
| 3. squat kick | 4. tricep lunges |
| 5. bicep lunges | 6. push up reach |
| 7. alternating knee ups | 8. squat jacks |
| 9. burpees | 10. plank crossunders |
| 11. side knee lat raise | 12. oblique knee up |
| 13. squat side kick | 14. crossover lunges |
| 15. one leg deadlift bent row | 16. side lunges |
| 17. squat pop press | 18. back kick |

300 CORE DAILY

semi-sit-up
crossover lift
side bridge
bicycles
supermans

15 MIN. STRETCHING DAILY

hamstring
lower back
gluets
quads
abs
calf
chest
back
shoulder
tricep
bicep

