



QUARANTINE WORKOUT

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10-MIN CARDIO 30 PUSHUPS 30 SITUPS 30 TRICEP DIPS (ON A CHAIR) 3 X :30 PLANKS	15-MIN CARDIO 30 SQUAT JUMPS 60 WALKING LUNGES 3 X :45 PLANKS 5-MIN STRETCHING	10-MIN CARDIO 45 PUSHUPS 45 SITUPS 45 TRICEP DIPS 3:00 AB CHOICE 10-MIN STRETCHING	15-MIN CARDIO 60 SQUATS (FIND A HEAVY OBJECT TO HOLD WHILE DOING THEM) 60 LUNGES 4 X :45 MOUNTAIN CLIMBERS	20-MIN CARDIO 45 PUSHUPS 50 SITUPS 60 REVERSE LUNGES W/ WEIGHT 5 X 1:00 HANDSTANDS	25-MIN CARDIO 5:00 AB CHOICE 10-MIN STRETCHING	15-MIN CARDIO 50 PUSHUPS 55 SITUPS (WITH HEAVY OBJECT) 50 TRICEP DIPS 5 X 1:00 PLANK VARIATIONS
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
10-MIN CARDIO 100 LUNGES (DIAGNOL OR CRISS-CROSS) 100 LUNGE JUMPS 10 X :30 PLANKS 5-MIN STRETCHING	15-MIN CARDIO 100 SQUATS 50 BROAD JUMPS (SQUAT JUMP FOR DISTANCE) 50 STREAMLINE QUAT JUMPS 5 X :45 PLANKS	10-MIN CARDIO 60 PUSHUPS 80 SITUPS 60 TRICEP DIPS 5:00 AB CHOICE 10-MIN STRETCHING	15-MIN CARDIO 60 SQUATS 60 DEADLIFTS 50 SHOULDER PRESS **(FIND A HEAVY OBJECT TO HOLD WHILE DOING ALL OF THIS) 8 X :45 MOUNTAIN CLIMBERS	20-MIN CARDIO 65 PUSHUPS 85 SITUPS 60 REVERSE LUNGES W/ WEIGHT 5-MIN STRETCHNG	25-MIN CARDIO 8:00 MIN ABS / PLANKS	15-MIN CARDIO 100 SQUATS 100 LUNGE JUMPS 100 PUSHUPS 5 X 1:00 PLANK VARIATIONS 5-MIN STRETCHING

CARDIO IDEAS: RUN, BIKE, ELLIPTICAL, WORKOUT VIDEO, JUMP ROPE, JUMPING JACKS, TAG WITH YOUR SIBLINGS OUTSIDE