Monday 3/30 – Workout of the Day

\*\*If you are not sure how to perform one of the exercises below please click the following link, and simply type in the name of the exercise for instructions\*\*

<https://workoutlabs.com/exercise-guide/>

**Total Body Dumbbell Workout:**

**Directions:** Perform each exercise in order for the recommended reps, and repeat 3x. Perform Circuit 1 3x before moving to Circuit 2. Make sure you have plenty of water before, during, and after!

**Equipment:** Please note if you do not have dumb bells at home you can use water bottles or canned goods to substitute =)

**Circuit 1 – Upper Body**

|  |  |  |
| --- | --- | --- |
| Exercise | Sets | Reps |
| Bicep Curls | 3 | 12 |
| Shoulder Press | 3 | 12 |
| Tricep Dips  \*You can use the floor, bench, or chair\* | 3 | 12 |
| Push-Ups  \*Modification – Knees to floor\*  \*Be sure hands are directly under shoulders, fingertips pointed forward, back stays flat\* | 3 | 10 |

**Circuit 2 – Lower Body**

|  |  |  |
| --- | --- | --- |
| Exercise | Sets | Reps |
| Squats w/ Dumbbell | 3 | 12 |
| Deadlift w/ Dumbbell | 3 | 12 |
| Forward Lunges  \*10 Each Leg\* | 3 | 10 |
| Reverse Lunges  \*10 Each Leg\*  \*Step backwards\* | 3 | 10 |

**-STRETCH AND HYDRATE-**

**No Equipment Cardio Workout:**

**Directions:** Perform each exercise in order for the recommended reps, 1x through. Please modifiy reps/workout if needed. Please make sure you have plenty of water before during and after!

20 Jumping Jacks (Modification: Step feet out to the side, one at time)

20 High Knees (Modification: March in place)

5 Jump Squats (Modification: Squats)

10 Front Kicks AKA Toy Soldiers/Frankensteins

20 Mountain Climbers

-:30 – 1:00 break (IF NEEDED) –

5 Burpees (Modification: No pushup at bottom, and/or step feet back)

20 Jumping Jacks

30 Jump Rope (Modification: If no jump rope; make the jump roping motion)

10 Lunge Jumps (Modification: Forward lunge)

10 Front Kicks AKA Toy Soldiers/Frankensteins

-:30 – 1:00 break (IF NEEDED) –

20 March in Place

20 High Knees (Modification: March in place)

20 Jumping Jacks (Modification: Step feet out to side, one at a time)

30 Jump Rope (Modification: If no jump rope, make the jump roping motion)

5 Burpees (Modification: No pushup at bottom, and/or step feet back)

-:30 – 1:00 break (IF NEEDED) –

:30 Jog in Place (Modification: March in Place)

20 Jumping Jacks (Modification: Step feet out to the side, one at a time)

10 Lateral Jumps (Modification: Step instead of Jump)

5 Jump Squats (Modification: Squat)

30 Jump Rope (Modification If no jump rope, make the jump roping motion)

-STRETCH and HYDRATE-

**Stretching Routine:**

Standing: Feet together touch toes, Right over Left, Left over Right, Feet apart (right, left, middle), quad stretch.

Seated: Feet together, Feet apart (right, left, middle), spinals, butterfly stretch