



Workout 1 (20 minutes total)

1. Warm-Up (5 minutes)

- Jumping Jacks (1 minute)
- High Knees (1 minute)
- Butt Kicks (1 minute)
- Running in Place (1 minute)
- Skaters (1 minute)

2. Abdominals (2 minutes)

- Crunches (1 minute): Lie on your back with your knees bent and feet on the floor. Place your hands behind your head and lift your shoulders off the ground, then lower back down.
- Leg Raises (1 minute): Lie on your back with your legs straight up in the air. Slowly lower them down to just above the floor, then lift them back up.

3. Legs (4 minutes)

- Squats (2 minutes): Stand with feet shoulder-width apart, lower down as if you're sitting in a chair, then return to standing.
- Lunges (2 minutes): Step forward with one foot, bending your front knee until your back knee nearly touches the ground, then step back to starting position.

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4. Pectorals (2 minutes)

- Push-Ups (1 minute): Start in a plank position with your arms straight, lower your body until your chest touches the ground, then push back up.
- Dumbbell Chest Press (1 minute): Lie on your back with a dumbbell in each hand. Press the weights up towards the ceiling, then lower them back down.

5. Back/Lats (4 minutes)

- Plank (2 minutes): Start in a push-up position, then lower your arms so your forearms are on the ground. Hold this position.
- Dumbbell Rows (2 minutes): Stand with your feet shoulder-width apart, holding a dumbbell in each hand. Pull the weights towards your chest, keeping your elbows close to your sides.

6. Arms (2 minutes)

- Bicep Curls (1 minute): Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows to curl the weights up towards your shoulders, then lower back down.
- Tricep Dips (1 minute): Sit on the edge of a chair with your hands behind you on the seat, then lower yourself down towards the ground by bending your elbows. Push back up to starting position.

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Workout 2 (20 minutes total)



1. Warm-Up (5 minutes)

- Jumping Jacks (1 minute)
- High Knees (1 minute)
- Butt Kicks (1 minute)
- Running in Place (1 minute)
- Skaters (1 minute)

2. Abdominals (2 minutes)

- Russian Twists (1 minute): Sit on the ground with your feet raised off the floor. Twist your torso side to side while holding a weight or a medicine ball.
- Bicycle Crunches (1 minute): Lie on your back with your hands behind your head, bring your opposite elbow to your knee and repeat on the other side.

3. Legs (4 minutes)

- Jumping Lunges (2 minutes): Lunge forward with one foot, then jump and switch feet in the air before landing in a lunge on the other side.
- Calf Raises (2 minutes): Stand with your feet shoulder-width apart, then raise up onto your toes as high as you can.

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4. Pectorals (2 minutes)

- Decline Push-Ups (1 minute): Place your feet up on a bench or step, and do push-ups as usual.
- Dumbbell Flyes (1 minute): Lie on your back with a dumbbell in each hand, arms extended out to the sides. Bring the weights together over your chest, then lower.

5. Back/Lats (4 minutes)

- Pull-Ups (2 minutes): If you have a pull-up bar, grasp it with your palms facing away from your body, then pull yourself up until your chin is above the bar.
- Reverse Flyes (2 minutes): Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend forward at the waist and raise your arms out to the sides.

6. Arms (2 minutes)

- Hammer Curls (1 minute): Stand with feet shoulder-width apart, holding a dumbbell in each hand with palms facing each other. Bend your elbows to curl the weights up towards your shoulders, then lower back down.
- Overhead Press (1 minute): Stand with feet shoulder-width apart, holding a dumbbell in each hand at shoulder height. Press the weights up towards the ceiling, then lower them back down.



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