

THE “ANYWHERE” WORKOUT

Quick little workouts that can stand alone or
complement a cardio workout!

Monday

30-Second Side Plank (Right)
30-Second Side Plank (Left)
30-Second Plank
10 Lunges Each Side (2 Sets)
10 Burpees

Tuesday

10 Push-Ups
30 Crunches (2 Sets)
10 Burpees
30-Second Plank
10 Lunges Each Side

Wednesday

10 Lunges Each Side (2 Sets)
60-Second Plank
30 Crunches
10 Push-Ups (2 Sets)
30 Bicycles

Thursday

10 Push-Ups
30 Bicycles
10 Burpees
60-Second Plank
10 Lunges
(Repeat the Series)

Friday

20 Burpees
10 Push-Ups
10 Lunges Each Side
30 Bicycles
60-Second Plank

Saturday

5 Lunges Each Side
10 Push-Ups
10 Burpees
(Repeat the Series 3X)

Sunday

REST UP FOR THE WEEK!