



At Home Workout Weights

You can use a medicine ball, kettlebell, dumbbell or household item.

Five Minute Warm-Up

Do the following exercises for 60 seconds with 15 seconds rest:

1. Squats holding weight
2. Halo
3. Alternating Lunge with Twist
4. Wall Sit with Bicep Curl
5. Triceps
6. Speed Skater
7. Plank
8. Calf Raises
9. Shoulder Taps
10. Good Morning
11. Squat with Forward Press
12. Bridge with Pullover
13. Reaching Side Lunge with Overhead Press
14. Russian Twist
15. Goblet Squat with Overhead Press

For a longer workout repeat.

Five minute cool down and stretch.