

ACTIVE AT HOME

MIX N MATCH #6 (30MIN)

EQUIPMENT: Skipping rope, dumbbells or weighted household items, timer

WARM UP: 1-3 Minutes Cardio around your house/stairs

Cardio Intervals: 3 rounds/30, 20, 10 sec

Skipping

Jumping Jacks

Cross Country Skiers

Speed Skaters

Mountain Climbers

Plank Jacks

Lower Body Intervals: body weight or weights

30 sec. Squats + 30 sec Squat Pulse

30 sec. Alternating Forward Lunge

30 sec. Alternating Curtsy Lunge

30 sec. Split Squats (each leg)

30 sec. Plie Squats + 30 sec. Plie Hold

30 sec. Alternating Side Lunges

30 sec. Alternating Back Lunges

30 sec. Split Squats (each leg)

Repeat Cardio Intervals: 2 rounds/30, 20 sec

Lower & Upper Intervals:

60 sec. Squat with Shoulder Press

60 sec. Alternating Forward Lunge with Bicep Curl

60 sec. Alternating Curtsy Lunge with Hammer Curl

60 sec. Deadlift with Upright Row

60 sec. Alternating Back Lunge with Tricep Kickback

60 sec. Plie Squat with Overhead Tricep Extension

60 sec. Alternating Side Lunge with Front Raise

Repeat Cardio Intervals: 1 round/30 sec

Core Intervals:

30 sec. V-Sit

30 sec. V-Ups

30 sec. Russian Twists

30 sec. Bicycles

30 sec. Squirm

30 sec. Reverse Crunches

30 sec. Leg Lowerers

30 sec. Plank

30 sec. Side Planks

COOL DOWN: 30 Sec per side

- Calf Stretch (*heel to floor, toe up on wall, lean into wall*)
- Quad Stretch (*cradle foot in same side hand, press hips forward, hold wall for balance if needed*)
- Hamstring Stretch (*forward fold, keep slight knee bend*)
- Arm Stretch (*bring one arm across chest, press into extended forearm with opposite hand*)
- Shoulder/Chest Stretch (*clasp hands behind back or reach behind back and press down/away from body*)
- Child's Pose (*kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms*)
- Breathe (*deep inhales, deep exhales*)

Remember to always exercise within your means. Modify or take breaks as needed!



GREAT WORKOUT!