

# ACTIVE AT HOME

## MIX N MATCH #5 (30MIN)

**EQUIPMENT:** Weights or cans or household items

**WARM UP: 1-3 Minutes**

- Move around your house; go up and down stairs, run around your kitchen!

**AMRAP:** Complete each circuit for 5 minutes, trying to complete as many rounds as possible of each

**Circuit #1**

- 30 Mountain Climbers
- 15 Push Ups
- 10 Weighted Walking Lunges (each leg)
- 20 Plank Jacks
- 15 Tricep Dips (off edge of stair)
- 20 Squats

**Circuit #2**

- 30 Speed Skaters
- 15 Bent Over Back Rows
- 10 Weighted Reverse Lunges (each leg)
- 20 Burpees
- 15 Bicep Curls
- 20 Weighted Sumo Squats

**Circuit #3**

- 30 Jumping Jacks
- 15 Shoulder Press
- 10 Weighted Side Lunges (each leg)
- 20 Cross Country Skiers
- 15 Side Bends (each side)
- 10 Weighted Step Ups (each leg)

**Circuit #4**

- 20 Sit Ups
- 20 Russian Twists
- 20 Reverse Crunches
- 20 Bicycle Crunches
- 20 Plank Ups
- 20 Twisting 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!**