



CARDIO & STRENGTH EXERCISES TO DO AT HOME

PLAN A: Hand Weights (use hand weights or something similar)

15-SQUATS
15 BICEP CURLS
15 CRUNCHES ABS
15 REVERSE CURLS ABS
15-STEP FORWARD INTO A LUNGE ALTERNATING
15 TRICEP DIPS WITH CHAIR
15 PUSH-UPS
15 SECOND PLANK
15-30 SECONDS HIGH KNEES

PLAN B: Hand Weights (use hand weights or something similar)

15 SHOULDER PRESS
15 CHEST FLIES
15 BACK EXTENSIONS
15 SECONDS HOLD BRIDGE
15 PLIES HEEL DRAG BOTH LEGS
15 BURPEES
15 BACK ROWS
15 BICYCLES
15 STANDING TWISTS

PLAN C:

60 SECOND PLANK RAISE OPPOSITE ARM AND LEG HOLD 8 SECONDS THEN SWITCH
10 SQUAT JUMPS
30 MOUNTAIN CLIMBERS
10 FROG JUMPS
30 JUMPING JACKS
10 STAR JUMPS

For visual help on doing any of these exercise check out the Exercise Examples on Get Fit website under Fitness or Exercise and Nutrition Points. You can also check out www.youtube.com. Search Weight Exercises for Beginners or Strength Exercises for Beginners.