

15 ON-THE-GO AND AT-HOME WORKOUTS

GLUTE WORKOUT

3 Sets

20 SQUATS

20 PILE SQUATS

20 DONKEY KICKS per leg

20 FIRE HYDRANTS per leg

20 CIRCLING DONKEY KICKS per leg

30 ALTERNATING SLIDERS

30 HIP LIFTS

30 LUNGE KICKS per leg

TOTAL BODY WORKOUT

3 Sets

50 JUMPING JACKS

25 PUSH-UPS

25 BURPEES

50 HIGH KNEES

50 SQUAT JUMPS

25 V-UPS

25 LEG RAISES

50 DIPS

50 SECOND PLANK

25 JUMPING LUNGES

25 TUCK JUMPS

50 MOUNTAIN CLIMBERS

DROP 10 WORKOUT

3 Sets

100 JUMPING JACKS

90 LUNGES (45 per leg)

80 SQUATS

70 SECONDS RUNNING IN PLACE

60-SECOND PLANK

50 JUMPING JACKS

40 PILE SQUATS

30 V-UPS (or tuck-ups)

20 HIGH KNEES

10 PUSH-UPS

LOWER ABS

3 Sets

30 LYING LEG RAISES
30 REVERSE CRUNCHES
30 FLUTTER KICKS
30 ELBOW TO KNEE each side
30 V-UPS
30 TUCK-UPS

HIIT

3 Sets

20 TRICEP DIPS
30 PUSH-UPS
30 SUMO SQUATS
30 CIRCLING DONKEY KICKS per leg
20 SIDE LYING LEG RAISES
50 JUMPING JACKS
20 CURTSY LUNGE TO SIDE LEG LIFT each leg
45-SECOND PLANK
30 RUSSIAN TWISTS

HIIT

3 Sets

30 BURPEES
30 SPEED SKATERS
25 FROG JUMPS
20 REVERSE LUNGES each leg
25 BICYCLE CRUNCHES each side
30 HIGH KNEES
25 PILE SQUATS TO CALF RAISE
25 PUSH-UPS
60-SECOND PLANK
30-SECOND SIDE PLANK each side

LEAN LEGS

3 Sets

15 FORWARD LUNGES each leg
20 PILE JUMPS
15 REVERSE LUNGES each leg
20 SQUAT JUMPS
20 STEP-UPS BACK LEG KICKBACK
20 LEG LIFTS
15 SINGLE LEG GLUTE BRIDGES each leg
15 LEG LIFTS
60-SECOND WALL SIT

TABATA STYLE HIIT

3 Sets

20 seconds work: 10 seconds rest
PUSH-UPS
TRICEP DIPS
SCOOP PUSH-UPS
HEAVY BICEP CURLS (grab water bottles or something weighted)

20 s. work: 10 s. rest
JUMP SQUATS
JUMP LUNGES
PILE SQUAT LOW PULSE
GLUTE BRIDGES

20 s. work: 10 s. rest
CENTER PLANK
RIGHT SIDE PLANK
LEFT SIDE PLANK
CENTER PLANK

20 s. work: 10 s. rest
BURPEES
JUMP SQUATS
STAR JUMPS
ROCKSTAR JUMPS

BOOTCAMP

3 Sets of 45-seconds each

**PUSH-UPS
DONKET KICKS
SKI JUMPS
ARM CIRCLES
BICYCLE CRUNCHES
HIGH KNEES
SQUATS
KICK CIRCLES
HIP THRUSTS
PLANK
PUNCHES
STANDING AB CRUNCH**

LATE NIGHT WORKOUT

3 Sets

**20 HIGH KNEES
20 PUSH-UPS
50 CRUNCHES
60-SECOND PLANK
45-SECOND WALL SIT
25 LUNGES each leg
30 SQUATS
15 BURPEES**

GET 'ER DONE!

3 Sets of 1-minute each

**HIGH KNEES
TRICEP PUSH-UPS
PILE SQUAT WITH LEG LIFT
JUMPING JACKS
ARM CIRCLES
PULSING LUNGE (L)
DROP SQUAT TOUCHDOWN
PUSH-UPS
PULSING LUNGE (R)**

FLAT ABS

3 Sets

20 REVERSE CRUNCHES
20 BICYCLE CRUNCHES
20 MOUNTAIN CLIMBERS
15 SIDE V-UPS
20 DYNAMIC PLANKS
20 LEG LIFTS
20 KNEE TOUCHES each side

CORE CHALLENGER

3 Sets

50 CRUNCHES
15 PUSH-UPS
1-MINUTE PLANK
1-MINUTE BRIDGE
15 PUSH-UPS
1-MINUTE PLANK
30 SECONDS SIDE PLANK each side
10 V-UPS TO BICYCLE
1-MINUTE RAISED PLANK
2-MINUTES BRIDGE
50 CRUNCHES

HEEL-TOE FAT BURNER

3 Sets on BOTH sides!

10 SIDE LUNGES (alternating side lunge on your heel, side lunge on your toe = 1 rep)
20 SQUATS (at bottom of squat, get on your toes and stand)
10 PLANK KICKS (push-up position, knee to chest, side leg kick = 1 rep)
12 SINGLE LEG GLUTE BRIDGE WITH KICK (on toe)
20 GLUTE BRIDGES ON TOES (feet and knees together, lift your hips, knees out to side, knees back together, lower hips)
15 SIDE LUNGE TO JUMP SQUAT (side lunge, lift heel, back to center, jump squat. Other side = 1 rep)
12 PUSH-UP TO SIDE CRUNCH (push-up, turn to side, bring back leg to top arm, back to push-up. Repeat other side = 1 rep)
10 HEEL ELEVATED LUNGES TO 5 PULSES

MOVEMENT

3 Sets on BOTH sides!

10 GOOD MORNINGS TO SQUAT CLAP (start in downward dog, dive forward into push-up, back, jump feet to hands on your toes, raise hands above your head and clap = 1 rep)

5 SINGLE LEG SQUATS TO JUMP LUNGES (start on back, roll up to one leg lunge, front leg drops to your back leg lunge, 3 alternating jump lunges, other leg forward, and roll back = 1 rep)

10 OBLIQUE LONG BODY CRUNCHES (side plank on hand, drop hip down to ground, raise hip up to sky and arm over your head)

10 TABLE TOP HIP THRUSTS (start in a table top position with back to ground, lift one leg up with hips, and back down close to ground)

15 SUMO JUMP SQUATS WITH HEEL RAISE AT BOTTOM

10 ALTERNATING HAND POSITION PUSH-UPS (feet wide, lower to regular push-up, press off the ground to widen hands, and go down in wide-hand push-up = 1 rep. Push back up and hands back to regular shoulder width apart)

BONUS BELOW!

BUILD THOSE GLUTES!

3 Sets

Deep Squats: *Stand with your feet about shoulders-width apart. Keeping your chest high and your knees above your ankles, lower your butt until your thighs are parallel to the floor. Push up through the heels to come back to standing position. That's one rep.*

Squat With Alternating High Kick: *Stand with your feet about shoulders-width apart. Keeping your chest high and your knees above your ankles, lower your butt until your thighs are parallel to the floor. As you push up through the heels to come back to standing position, lift your left leg off the ground and kick it straight up as high as you can. Place it back on the floor and sink into a second squat. As you come up, kick with the right leg. Bring the leg back to the floor to complete one rep.*

Squat Jumps With Alternating Fan Kick: *Stand with your feet about shoulders-width apart. Keeping your chest high and your knees above your ankles, lower your butt until your thighs are parallel to the floor. In one explosive movement, push up through your heels and jump straight up into the air. Land in a squat position, then press up through your heels to stand as you lift your left leg off the ground, point your left toes, and swing the leg up and around in a large, counterclockwise circle. Then place it back on the floor and sink into a second squat jump. Land in a squat, come up to stand, and lift your right leg off the ground, point the right toes, and swing your leg in a large, clockwise circle. Bring the leg back to the floor to complete one rep.*

Arabesque Leg Lifts: *Get on your hands and knees, so your shoulders are stacked over your wrists and your hips are stacked over your knees. Point your left toes and turn your foot out to the left. Lift and extend the left leg up diagonally behind you, then bring it back to start with your foot back to center, and extend the leg straight out behind you. Come back to starting position to complete one rep. Do up to 15 reps and then repeat the same number with the opposite leg.*

Inverted Heel Lifts: *Get on your hands and knees, so your shoulders are stacked over your wrists and your hips are stacked over your knees. Place your right forearm on the ground for extra support. Flex your left foot and lift it up diagonally behind you. Then return to start. That's one rep. Complete up to 15 reps, then repeat the same number with the opposite leg.*

Extended Leg V-Lifts: *Kneel on the ground, and come down onto your forearms with your shoulders stacked over your elbows and your hands gently clasped. Extend your left leg straight behind you, and point your toes. Without bending the knee, lift your left leg up and out to the left. With control, bring it back down behind you and tap the floor with your toes. Then lift the leg up and out to the right. Lower back to the floor to complete one rep. Complete up to 15 reps, then repeat the same number with the opposite leg.*

