Simple Workout Guides

Warm up:

*Do each move for 20 seconds. Do this warm-up twice.*

* Jumping jack
* Inchworm walk out to shoulder tap
* Squat

Circuit 1:

*Three reps of each:*

* 10 body-weight squats
* 10 push-ups
* 10 [superman](https://www.youtube.com/watch?v=VUT1RHyMEuc)
* 20 crunches

Circuit 2:

*Three reps of each:*

* 10 walking lunges
* 15 seconds plank
* 30 jumping jacks
* 10 side leg swings

Circuit 3:

*Three reps of each:*

* 10 mountain climbers
* 10 cross crunches
* 10 leg raises
* 10 high knees

Cool down

* Forward fold
* Side bends
* Shoulder rolls
* Hamstring stretch
* Quad stretch