



BEGINNER WORKOUT



ACTIVITY	TIME
Warmup (walking or biking)	2-3 minutes
Squats	30 seconds - 30-second rest
Planks	30 seconds - 30-second rest
Pushups	30 seconds - 30-second rest
Lunges	30 seconds - 30-second rest
Sit-ups	30 seconds - 30-second rest
Superman	30 seconds - 30-second rest

REPEAT THIS ROUTINE 2X!



Cooldown (walking or biking)	2-3 minutes
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INTERMEDIATE WORKOUT



ACTIVITY	TIME
Warmup (walking or biking)	2-3 minutes
Burpees	20 - 30-second rest
Close-grip pushups	30 - 30-second rest
Bulgarian lunges	10 left, 10 right - 30-s rest
Plank	30 seconds - 30-second rest
Side plank	20 s right, 20 s left - 30-s rest
Mountain climbers	30 seconds - 30-second rest
Superman	30 seconds - 30-second rest



REPEAT THIS ROUTINE 2X!



Cooldown (walking or biking)	2-3 minutes
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