

5 WORKOUTS

FOR THE WEEK

Busy week? Try this simple day-by-day workout plan. Do it in order, or mix and match days to better fit your schedule.

TURN 'N BURN WORKOUT

1 Turn physical activity up a notch.



SQUATS
3 sets of 10



CRUNCHES
3 sets of 20



LUNGES
3 sets of 10 on each side

PARTNER WORKOUT

2 Find a buddy and move your body.



REACH & TOUCH PLANK
5 sets, 20 sec. each



PARTNER CRUNCHES
5 sets, 20 sec. each



PARTNER TWIST
5 sets, 30 sec. each

TIME-SAVING WORKOUT

3 In a rush? No sweat. (Well, maybe a little sweat.)



TRASH CAN TOE TOUCH
3 sets of 30, twice a day



TRICEPS CHAIR DIPS
2 sets of 10, twice a day



SEATED FLUTTER KICKS
3 sets of 30, twice a day

YOGA WORKOUT

4 Relax and get your "om" on.



CRESCENT LUNGE
3 sets, 30 sec. each



PIDGEON POSE
3 sets, 30 sec. each



GLUTE BRIDGE
3 sets, 30 sec. each



CHAIR POSE
3 sets, 30 sec. each

KID CIRCUIT WORKOUT

5 Moving with your kids is fun. No kiddin'.



JUMPING JACKS
3 sets of 10



LEAP FROG
3 sets of 10



HIGH 5 PUSH-UPS
2 sets of 10



ELEPHANT POSE
2 sets, 30 sec. each

Try this plan, or make your own with exercises from ShapeYourFutureOK.com. Just plan on moving for 30 minutes every day.