

Workout 12

12 exercises 40 minutes 502 MOVES 269 kcal

1 - Free Exercise - Jumping jack



60 sec x 30 sec

2 - Free Exercise - High knees



60 sec x 30 sec

3 - Free Exercise - Squat jump



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

4 - Free Exercise - Step up - lateral



15 reps x 60 sec
15 reps x 60 sec

On stairs at home.

5 - Free Exercise - Squat to plank



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

6 - Free Exercise - Side Plank Dips



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

7 - Free Exercise - Side lying leg lift



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

8 - Stretching - Trunk rotation - side lying



Sets: 1
Duration: 30 sec
Rest time: 60 sec

9 - Stretching - Quadriceps - seated



Sets: 1
Duration: 30 sec
Rest time: 60 sec

10 - Stretching - Lower back - supine



Sets: 1
Duration: 30 sec
Rest time: 60 sec

Make sure the lower back is in touch with the mat

11 - Stretching - Ball - chest



Sets: 1
Duration: 30 sec
Rest time: 60 sec

12 - Stretching - Lats with overhead side reach



Sets: 1
Duration: 30 sec
Rest time: 60 sec