

Workout 2

13 exercises 58 minutes 573 MOVES 292 kcal

1 - Free Exercise - Jumping jack



15 reps x 60 sec
15 reps x 60 sec

Easier option: step to the side instead of jumping the feet

2 - Free Exercise - High knees



14 reps x 60 sec
14 reps x 60 sec

Easier option: pull one knee up at a time, no impact.

3 - Super set - Super set 1

2 exercises 3 Rounds 60 sec Round rest time

1 - Free Exercise - Pike press



R1 12 reps x 1 sec
R2 12 reps x 1 sec
R3 12 reps x 1 sec

2 - Dumbbells - Lateral raise



R1 12 reps x 2.5 kg x 1 sec
R2 12 reps x 2.5 kg x 1 sec
R3 12 reps x 2.5 kg x 1 sec

Use food cans/water bottle instead of dumbbells.

4 - Super set - Super set 2

2 exercises 3 Rounds 60 sec Round rest time

1 - Free Exercise - Push-up



R1 12 reps x 1 sec
R2 12 reps x 1 sec
R3 12 reps x 1 sec

Easier option: push up on your knees

2 - Dumbbells - Close bench press



R1 12 reps x 0.25 kg x 1 sec
R2 12 reps x 0.25 kg x 1 sec
R3 12 reps x 0.25 kg x 1 sec

Use food cans/water bottles instead of dumbbells. Lie on the floor if you have no bench.

5 - Super set - Super set 3

2 exercises 3 Rounds 60 sec Round rest time

1 - Dumbbells - Row - bent-over - wide



R1 12 reps x 0.25 kg x 1 sec
R2 12 reps x 0.25 kg x 1 sec
R3 12 reps x 0.25 kg x 1 sec

Use food cans/water bottles instead of dumbbells. Stand in split stance if necessary (one foot in front and one behind).

2 - Free Exercise - Back extension - prone



R1 12 reps x 1 sec
R2 12 reps x 1 sec
R3 12 reps x 1 sec

6 - Free Exercise - Plank - arm raise



14 reps x 60 sec
14 reps x 60 sec

Easier option: plank on knees

7 - Free Exercise - Side Knee Plank Dips



14 reps x 60 sec
14 reps x 60 sec

8 - Free Exercise - Side plank



30 sec x 60 sec
30 sec x 60 sec

Easier option: side plank on lower knee.

10 - Stretching - Lower back - supine



30 sec x 60 sec

12 - Stretching - Posterior shoulder



30 sec x 60 sec

9 - Stretching - Cat & Cow



30 sec x 60 sec

11 - Stretching - Back - facing wall bar



30 sec x 60 sec

13 - Stretching - Shoulders - with dowel



30 sec x 60 sec

Clasp arms behind back if no equipment is available