

Busy Mama Workout #2

For this workout, you don't need any equipment. You can use small weights or even your small child if you would like to add weight and resistance. This workout takes approx. 25-30 minutes. It is a mix of cardio bursts and resistance training, so you will work your whole body. You can add your favorite cardio to the end if you wish, but if you don't have time, there is no guilt!

Complete each circuit twice through. Then go to the next circuit. If everyone in the house is still asleep, and you have time to go through it again, go for it!

Make sure you stretch your body good before you get started. Use your favorite stretches, or use the stretches at the end of this workout for both beginning and end.

Warm up:

- 1 minute jog in place
- 1 minute jumping jacks
- 1 minute jump rope (if you don't have to have a jump rope, just pretend)
- 30 seconds butt kicks
- 30 seconds high knees
- 1 minute slower jog in place

1st Circuit:

- Knee Press: (20 Reps on each leg)

****While on your back, put your feet against the wall with legs bent and butt up against the wall. Raise your butt and back off the floor while keeping the opposite leg over the working knee. Pulse.**

- Push ups with Leg Lifts: (10 each side)****As you go down into your pushup, lift your left leg. Repeat on the right leg**

- Toe Reaches: (12 Reps on each side) ****Back on the floor and heels pressed against the wall. This time, your legs are straight. Reach with your right hand toward your left leg. Make sure your shoulder raises off the floor and you feel your abs crunching. Repeat with opposite hand. Really engage your abs.**

- Cardio Burst: 30 seconds of skiers
30 seconds of skaters

Circuit 2:

- Side squat on step stool or just on the floor with leg lift (12 Reps on each side)
- Tricep Dips - 20 Reps
- Plank ---1 minute (If you need to rest half-way through, take a 10 second rest, and do 30 seconds more.
- Cardio burst: 10 split jumps
30 jumping jacks
10 split jumps

Circuit 3:

- Lunge with Overhead Press - 12 reps each leg
- Side Shoulder Raises—Can lift arms to shoulder level, or grab a soup can or anything for a little extra weight (it doesn't need to be much weight).
- Super Man—30 second hold rest down 30 second hold
- Russian Twists-15 sets

Cool Down and Stretch:

Breathe 2 large breaths. Inhale big and exhale big.

Pigeon Hold on each leg for 10-15 seconds.

Warrior Pose on each side for 10-15 seconds.

Cross each arm across opposite side of the body for 10-15 seconds.

Downward Dog - 30 seconds

NOW, a no-guilt reward!!...

I drink ice water in a wine glass, so that I can feel fancy But, here is something else you can put in your wine glass for a job well done, before your busy day begins.

Chocolate Cherry Bomb

1 Frozen banana

½ cup frozen dark cherries

1 scoop chocolate whey

1/3 cup almond milk

1 tbsp. chia seeds

1 tbsp. cocoa powder

Dash of cinnamon

Put all ingredients in a blender. And blend until chia seeds begin to thicken and you get a thick consistency.