

Week 8 Day 3 Printable Workout

“Everything’s going to be alright”

R: run to warm up for 5-10 min

E: eleven push-ups

C: 10 mins walking or jogging

O: One min. high knees

V: V ups for one minute

E: Eighteen burpees

R: Repeat

Y: you choose you can be done or you can do the bonus ab workout. Just remember when you a finished stretch, stretch, stretch, and know everything is going to be alright!

Bonus Ab workout: Perform this ab workout if you are feeling good, and you want to go the extra mile. Repeat 2Xs



1. 30 to 60 sec Boat Pose

2. 20 to 50 Flutter Kicks (Count one after you kick both legs.)

3. 60 Bicycle Abs

4. 60 Standing single leg crunches (Stand up and bring one knee up to your chest, alternate legs.)

5. 20 to 60 Russian Twists