

AT HOME WORKOUTS

WEEK 3

WORKOUT 1

5 Rounds - 1 min rest between rounds

5 Burpees + 10 Squats + 15 Situps
*try 10 burpees for an extra challenge

WORKOUT 2

10-20 rounds (20-40 mins)
Run 1 min / walk 1 min

*If you are new to running, then run the best you can for 1 min and then walk to recover.
*If you are a seasoned runner, push the pace pretty aggressively for 1 min, and then walk to recover.

WORKOUT 3

:30 / :30 Intervals

Pick 2 exercises and alternate between them (eg: squat Jumps + KB Swings)

EG:

Squat Jump for 30s

REST for 30s

KB Swing for 30s

REST for 30s

Repeat for 3-5 rounds of each movement.

If you are feeling good, repeat for another 3-5 rounds with 2 different exercises.