

WEEKLY WORKOUTS

Week 1: April 6th to 10th

Workout 1

Equipment Needed:

- 1 Chair or bench

Warm-up: Complete 3 times (sets)

- 10 Jumping Jacks
- 10 Chair/Bench Step-ups (5 each leg)

Daily Fitness Set 1: (Complete 1 to 2 times in order)

- 10 [Single Leg Chair Squats](#) (2 leg chair squats)
- 10 Pushups (Pushups on Knees) - *Keep Back Straight for all Pushups*
- 10 Chair Dips - *Hands on 1 chair behind or 2 chairs (one on either side).*
- 8 Single Leg Chair Squats
- 8 Pushups
- 8 Chair Dips
- 6 Single Leg Chair Squats
- 6 Pushups
- 6 Chair Dips
- 4 Single Leg Chair Squats
- 4 Pushups
- 4 Chair Dips
- 2 Single Leg Chair Squats
- 2 Pushups
- 2 Chair Dips

Daily Fitness Strength:

- 5 sets of 5 stair sprints
- 5 sets of 20 sit-ups

Workout 2

Warm-up: Complete 3 times (sets)

- 10 Skips or Jumping Jacks
- 10 Sit-ups

Daily Fitness Set 1: (Complete 10 Rounds)

- 20 [Mountain Climbers](#)
- 20 Sit-ups
- 20 Air Squats

- 20 Lunges

Daily Fitness Strength:

- 5 sets of 30 sec. Plank
- 5 sets of 10 [Superman's](#)

Workout 3

Equipment Needed:

- Pull-up Bar or Table
- Chair or Bench

Warm-up: Complete 3 times (sets)

- 10 Skips or Jumping Jacks
- 10 Sit-ups

Daily Fitness Set 1: (Complete 2 to 3 Rounds)

- 20 Jumping Air Squats
- 15 Pushups
- 10 Burpees
- 5 Pullups (or [Table Pullups](#) if you don't have a pull-up bar)

Daily Fitness Strength:

- 5 sets of 30 Sec. Side Plank (x 2 sides)
- 5 sets of 10 Chair Dips