

WEEKLY WORKOUTS

Week 2: April 20th to 24th

Workout 1

Warm-up: x 3

- 8 Jumping Jacks
- 6 Squats
- 4 Pushups
- 2 Pullups

Daily Fitness Set 1: x 4

- 20 Single Leg Hops – Right Leg
- 20 Situps
- 20 Single Leg Hops – Right Leg
- 10 Pushups
 - Modifications – Do pushups with hands elevated (low table or 3 - 4 stairs up) or do pushups on Knees (just keep your back straight).

Daily Fitness Skills: (Practice each of the following) 4 sets of 10

- 1 Leg Squats – 3 Options
 - Option 1 – Start and finish sitting on a chair/bench)
 - Option 2 – Use chair, table, etc. to hold throughout the movement
 - Option 3 – Not Assisted

Workout 2

Warm-up: x 3

- 10 Jumping Jacks
- 10 Sit-ups

Daily Fitness Set 1: (Complete as many times as possible in 10 Minutes)

- 10 Mountain Climbers
- 10 Pullups or Table Rows
- 10 Bench/Chair Dips

Daily Fitness Strength: x 5

- 40 sec. Plank
- 10 Superman's

Workout 3

Warm-up: x 3

- 10 Single Leg Hops (each Leg, so 20 total)
- 10 Sit-ups

Daily Fitness Set 1: x 5

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

Daily Fitness Strength: x 5

- 30 Sec. Side Plank (x 2 sides)
- 30 Sec. Wall Sit