



# VALENTINES HOME WORKOUT

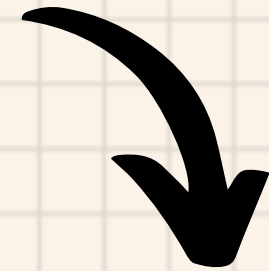


IF YOU DON'T HAVE WEIGHTS, USE HOUSEHOLD ITEMS LIKE BAGS OF RICE, CANNED GOODS, OR WATER BOTTLES. YOU CAN ALSO PERFORM BODYWEIGHT VARIATIONS FOR A GREAT CHALLENGE.

COMPLETE ONE ROUND OF EACH CIRCUIT WITHOUT RESTING BETWEEN EXERCISES. THEN TAKE 60 SECONDS REST AND MOVE ON TO THE NEXT CIRCUIT. AFTER FINISHING THE 3 CIRCUITS, REST FOR 2 MINUTES, THEN REPEAT ALL 3 CIRCUITS AGAIN

## WARM UP

- JOG IN PLACE OR HIGH KNEES 1 MINUTE
- ARM CIRCLES AND SHOULDER ROLLS 1 MINUTE
- SQUATS 1 MINUTE
- DYNAMIC LEG SWINGS 1 MINUTE
- LUNGES 1 MINUTE



## LOWER BODY CIRCUIT

- BODYWEIGHT OR GOBLET SQUAT 20 REPS
- ALTERNATING REVERSE LUNGE 20 REPS
- GLUTE BRIDGES 20 REPS
- REST FOR 60S



## UPPER BODY CIRCUIT

- PUSH UPS (KNEELING OR FULL) 20 REPS
- BICEP CURLS INTO SHOULDER PRESS 20 REPS
- TRICEP DIPS USING SOFA OR CHAIR 20 REPS
- REST FOR 60S



## CORE CIRCUIT

- PLANK 30 SECONDS
- RUSSIAN TWISTS 20 REPS
- LEG RAISES 20 REPS
- REST FOR 2 MINUTES AND START OVER

