NaturalBeachLiving.com

FITNESS GUIDE for Busy Mom's

MONDAY

2 min. Stretch
20 Jumping Jacks
15 Crunches

5 Push ups
3 min. run in place OR
10 min. walk outside

TUESDAY

2 min. Stretch
20 Jumping Jacks
20 Leg Lunges

5 Push ups
20 sec. Plank
10 min. walk outside

WEDNESDAY

2 min. Stretch
25 Jumping Jacks
25 Squats

20 Crunches
25 Step Ups
15 min. walk outside

THURSDAY

2 min. Stretch
20 sec. Wall Sit
25 Leg Lunges

6 Push ups
30 sec. plank
15 min. walk outside

FRIDAY

2 min. stretch
30 Squats
30 Crunches

6 Push ups
5 min. run in place OR
15 min. walk outside

SATURDAY

5 min. Stretch
30 sec. Wall Sit
30 sec. Plank

8 Push ups
6 min. run in place OR
20 min. walk outside

SUNDAY

Rest

Keep up the Good Work!