



Simple Workout Two

Warm up for 5 minutes with marching in place, walking, or any gentle cardio.

You will need a chair/bottom stair on staircase at home.

- 10 Alternating Squat Kicks (5 each leg, squat down release up kick leg forward, repeat alternating legs for kicks)
- 10 Alternating Step Taps (10 each foot, tap foot on step, use bottom stair)
- 10 Squats to Bench/Chair (rear must touch chair each rep)
- 10 Mt. Climbers*
- 10 Push Ups (can be done on knees or at wall)

Rest 1 minute after each round, repeat for a total of 3x

*Can be done at wall; place hands on wall with arms extended and drive knee into center, alternating legs for 10 total reps.

Focus on your form and breathing, rest and drink water when you need to.