



Simple Workout One

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

- 10 Squats
- 10 Push Ups (can be done on knees or at wall)
- 10 Bird-Dog (all fours, lift opposite arm and leg)
- 10 Crunches or Sit Ups
- 10 Hip Bridges*

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

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

