

Name: _____

First walk for 5 minutes at a brisk pace. Play some music and try to break a sweat and get loose!

Yoga STRETCH- for 5 minutes. Seen in picture

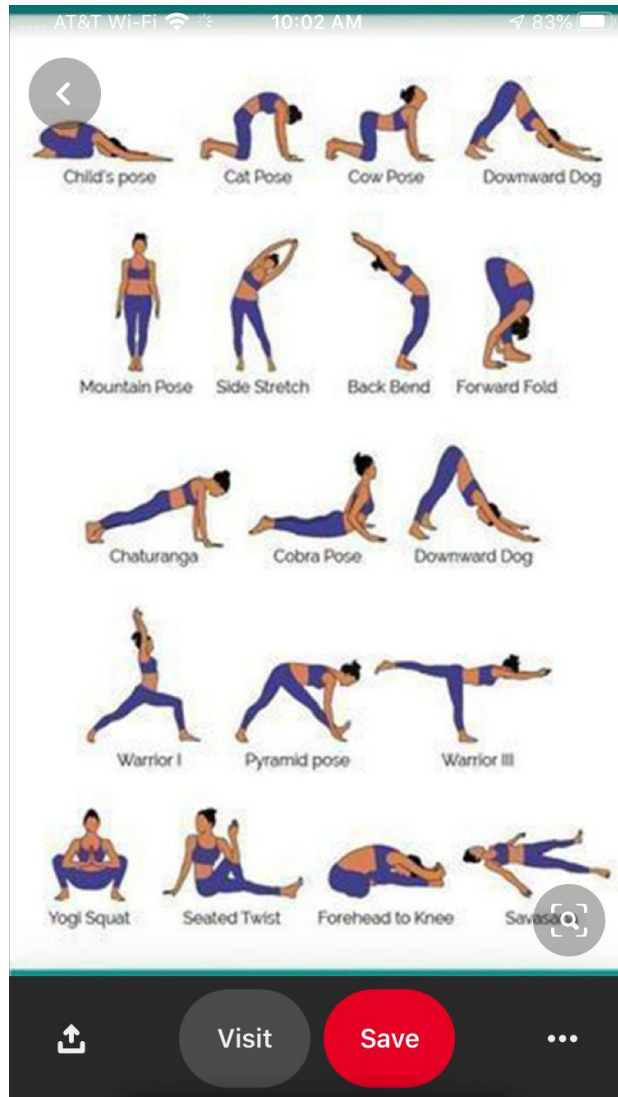
- Hold all yoga poses for 20 seconds
- Mountain pose
- Back bend
- Side stretch each side
- Forward fold
- Yogi squat
- Seated twist
- Chaturanga
- Cobra pose
- Downward dog

More on back....

Week 1
Start time _____
End time _____

Week 2
Start time _____
End time _____

Week 3
Start time _____
End time _____



20 minute full body workout with no equipment needed! Pictures below.

Circuit Workout for Busy Moms

25 Jumping Jacks

10 Crunches

30-second Plank

25 High Knees

7 Burpees

15 Crunches

10 Squats

5 Push Ups

10 Crunches

30-second Plank

10 Squats

25 Jumping Jacks

10 Crunches

1-minute Wall Sit

5 Push Ups

25 High Knees

30-second Plank

**Total
Body
Workout
in
20
minutes!**



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After this you are done! Get some rest and drink plenty of water!!!!

You repeat this workout 1 time each week for the next 3 weeks! I will allow you to substitute 1 day of the 3 for a 30 minute jog/run! But only once! You can do this workout more than one day a week if you please.