



15 MINUTE HOME WORKOUT CHALLENGE

THE ROUTINE

5 Tricep Dips 10 Lunges 10 Push-Ups
 10 Squats 15 Abs Exercises 20 Jumping Jacks

| DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| Routine x 2 | Routine x 2 | Routine x 2 | Routine x 2 |
| 25 Squats | 20 Jumping Jacks/Plyo Jacks | 20 Curtsey Lunges | 30-Second Walking Plank |
| 25 Sumo Squats | 30 Second In-Place Sprint | 10 Tricep Push-Ups | 30-Second Plank Jacks |
| Routine x 2 | Routine x 2 | Routine x 2 | Routine x 2 |
| Repeat SQUAT sequence | Repeat Cardio Exercises | Repeat Lunges & Push-Ups | Repeat Plank Exercises |
| March/Jog in Place for 30 Seconds | Routine x 2 | Routine x 2 | Routine x 2 |
| STRETCH | March/Jog in Place for 30 Seconds | March/Jog in Place for 30 Seconds | March/Jog in Place for 30 Seconds |
| | STRETCH | STRETCH | STRETCH |

The **Curtsy Lunge** is a great exercise to stabilize your hips. The movement is a variant of a standard **lunge**, but you hold your lower body in the position of a **curtsy** for additional glute strengthening.

The **Sumo Squat** is a lower-body strength exercise that's a variation of a standard **squat**. While all **squats** work the glutes, hip flexors, quads, hamstrings and calves, the leg positioning of the **sumo squat** works the inner thighs as well.

Plank Walks are an advanced option to regular **planks** that involve "**walking**" your elbows to the floor from push up **plank** position and then pushing back up and repeating. This exercise strengthens your shoulders and core including your glutes.

Plyo Jacks - Start standing tall with your feet together and your arms down by your sides. Then just slightly squat, pushing your butt back, to load your glutes so you can explode up off the ground. Bring your arms back down to your sides as you land and then repeat, jumping back up.