

Home Work Out Cheat Sheet

1 Exercise routine every day
Alternates between Core | Leg | Arm | Stretch

Day 1 | CORE

15 minutes - 25 reps per move

- Exercise #1: In and Outs
- Exercise #2: Bicycles
- Exercise #3: Reverse Bicycles
- Exercise #4: Crunchy Frog
- Exercise #5: Wide Leg Sit Ups
- Exercise #6: Fifer Scissor
- Exercise #7: Hip Rock 'n Raise
- Exercise #8: Pulse Up
- Exercise #9: V-up/Roll-up Combo
- Exercise #10: Oblique V-up
- Exercise #11: Leg Climb
- Exercise #12: Mason Twist

Day 2 | LEGS

15 minutes - 25 reps per move

- Exercise #1: Squats
- Exercise #2: Lunges
- Exercise #3: Sumo Squats
- Exercise #4: Calf Raises
- Exercise #5: Step-Ups
- Exercise #6: Box Jumps
- Exercise #7: Reverse Lunge
- Exercise #8: Wall Sits
- Exercise #9: Reverse Table Kicks
- Exercise #10: Glute Bridge
- Exercise #11: Heel Slides
- Exercise #12: Single-Leg Hip Thrusts

Day 3 | ARMS

15 minutes - 25 reps per move

- Exercise #1: Push-ups
- Exercise #2: Tricep Dips
- Exercise #3: Side Plank Arm Extension
- Exercise #4: Supermans
- Exercise #5: Inchworm
- Exercise #6: Plank Tap
- Exercise #7: Forearm Plank Tap
- Exercise #8: Plank Up Down
- Exercise #9: Lateral Plank Walk
- Exercise #10: Body Saw
- Exercise #11: Plank Jack
- Exercise #12: Burpees

Day 4 | STRETCH

15 minutes - 2 breaths per move

- Exercise #1: Table Top
- Exercise #2: Down Dog
- Exercise #3: Sun Salutation
- Exercise #4: Low Lunge twist
- Exercise #5: Sun Salutation
- Exercise #6: Warrior 2
- Exercise #7: Sun Salutation
- Exercise #8: Warrior 3
- Exercise #9: Sun Salutation
- Exercise #10: Squat Pose
- Exercise #11: Bow Pose
- Exercise #12: Child's Pose

OPTIONAL: Rest Day on the 5th Day
OPTIONAL: Add on 10,000 Steps a Day

How To Use Home Workout For Moms For Workers

Siddappa N.Byrareddy



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