

Repeatable WEEKLY WORKOUT

An at home body-weight routine for every day of the week

"THE ROUTINE"

- 5 tricep dips • 10 lunges (each leg)
- 10 push ups • 10 squats
- 15 sit-ups/ab exercise • 20 jumping jacks

DAY 1 – LEGS

- Routine x2
- 25 squats
- 25 sumo squats
- Routine x2
- REPEAT SQUAT EXERCISES*
- Routine x2
- March in place 20 seconds
- Stretch all muscle groups and relax

DAY 2 – ABS

- ROUTINE x2
- 50 standing oblique twists
- 30 second floor plank
- ROUTINE x2
- REPEAT AB EXERCISES*
- Routine x2
- March in place 20 seconds
- Stretch and relax

DAY 3 – ARMS

- ROUTINE x2
- 20 Push ups
- 10 wall tricep pushes
- ROUTINE x2
- REPEAT AB EXERCISES
- *Routine x2
- March in place 20 seconds
- Stretch and relax

DAY 4 – CARDIO

- ROUTINE x2
- 100 jumping jacks
- 30 second in-place sprint
- ROUTINE x2
- REPEAT CARDIO EXERCISES
- *Routine x2
- March in place 20 seconds
- Stretch and relax

DAY 5 – COMBO

- ROUTINE x2
- 20 squats/20 sumo squats
- 30 standing oblique twists
- ROUTINE x2
- 20 push-ups
- 50 jumping jacks
- Routine x2
- March in place 20 seconds
- Stretch and relax

DAY 6 – YOUR CHOICE

**CHOOSE FROM DAYS 1-5
FOR TODAY'S WORKOUT!**

Whats your problem area?

**-LEGS – ABS–
-ARMS – CARDIO–**

DAY 7 – REST AND RELAX

How To Home Workout Explained For Students

Y Pai



How To Home Workout Explained For Students:

The Vocational Summary ,1919 **Training Children** William Henry Pyle,1929 Assessing Physical Fitness Components, Obesity, Motor Skills, Health Outcomes and Academic Performance of Schoolchildren Souhail Hermassi,René Schwesig,El Ghali Bouhafis,Ferman Konukman,Ahmad Salman,2023-09-13 **Vocational Summary** ,1921 Teacher's Manual for Work Books in Citizenship Training for Children ... of the Elementary School Walter Lansing Collins,1928 A Critical Analysis of Student Persistence at the University of Iowa Russell Tallman (Warrick),1929 The Training School Bulletin ,1914 Progressive Education ,1926 Appendix to the Sixtieth Report of the Commissioners of National Education in Ireland, for the Year 1893 Great Britain. Commission of National Education in Ireland,1894 **The Service Load in Teacher Training Institutions of the United States** Lynn Banks McMullen,1927 **Bureau publication (United States. Children's Bureau). no. 76, 1921** ,1921 The Family ,1920 **Popular Mechanics** ,1921 House & Garden ,1926 National Republic ,1928 Bulletin - Mississippi State College, Agricultural Experiment Station Mississippi Agricultural Experiment Station,1929 The Educator-journal ,1921 Library Journal Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,1921 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Vocational Education Magazine** ,1923 Mental Attainments of College Students in Relation to Previous Training, Environment, and Heredity Augusta Genevieve Violette,John Whittemore Gowen,Petre Ispirescu,Porter Gale Perrin,Thelma Louise Kellogg,Jacob Bernard Segall,Marjorie Eunice Gooch,1924

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