

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

RM Cervero



How To Use Home Workout For Moms:

This book delves into How To Use Home Workout For Moms. How To Use Home Workout For Moms is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into How To Use Home Workout For Moms, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to How To Use Home Workout For Moms
 - Chapter 2: Essential Elements of How To Use Home Workout For Moms
 - Chapter 3: How To Use Home Workout For Moms in Everyday Life
 - Chapter 4: How To Use Home Workout For Moms in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of How To Use Home Workout For Moms. This chapter will explore what How To Use Home Workout For Moms is, why How To Use Home Workout For Moms is vital, and how to effectively learn about How To Use Home Workout For Moms.
 3. In chapter 2, the author will delve into the foundational concepts of How To Use Home Workout For Moms. The second chapter will elucidate the essential principles that need to be understood to grasp How To Use Home Workout For Moms in its entirety.
 4. In chapter 3, this book will examine the practical applications of How To Use Home Workout For Moms in daily life. The third chapter will showcase real-world examples of how How To Use Home Workout For Moms can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of How To Use Home Workout For Moms in specific contexts. The fourth chapter will explore how How To Use Home Workout For Moms is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about How To Use Home Workout For Moms. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of How To Use Home Workout For Moms.

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