

Savage Playroom Workout

MONTH/YEAR _____

FREQUENCY GOAL _____

COMPLETIONS

 Repeat

 Alternate sides

1 

20 Lunges

2

15 Push Ups

3

30 Sumo Squats

4 

30 Curtsy Lunges

5

10 Fire Hydrants/
Side

 Repeat on other side

6

30 Hip Bridges

7

15 Table-top Leg Lifts

8

20 Crab Position Dips

9 


20 Russian Twists

10 

20 Jumping Lunges in Plank

11

20 Bent Leg Lifts in Quadriped Position

 Repeat on other side

12

10 Plank Knee Drops

 Complete once, or repeat one or two more times!

BOOM!

Stretch, hydrate, and get on with your day!