

# SAVAGE WELLNESS

LIVE HEALTHY, BE HAPPY

## Workout:

*This is just for your reference to go along with this week's workout video. All descriptions and tips will be in the video*

### Warm up

**15 goblet squats** (just cross your hands over your chest if you don't have a weight and keep the torso upright as possible)

**20 alternating lunges with a bicep curl** (skip the curls if you have no weights and you can do a set of push ups to get at those arms)

**10 overhead presses standing on one leg** (or downward dog push ups if you have no weights)

**10 overhead presses standing on the other leg**

**15 bent over tricep extensions** (or dips if you have no weights!)

**30 see saw rows** (or bent over arm circles if you have no weights)

**Repeat the above circuit for a 25 minute workout or move on to the next circuit for a shorter 12 minute workout.**

**10 push ups**

**10 downward dog push ups**

**15 booty crunches** - on all fours, extend one leg and bend 90 degrees then pulse the leg upward while keeping the abs engaged and spine flat.

**15 bend and extend one leg**

**Repeat the 15 booty crunches and 15 bend and extend** on the other side

**15 fire hydrants/peeing dogs** - one side at a time.

**5 more push ups**

**5 wide arm push ups** (keep the shoulders down and neck in line with the spine!)

**5 push ups with one arm high and one arm low**

**5 push ups with the other arm high and the other arm low**

**Repeat the above circuit for a longer workout or finish and stretch!**

Take some deep grounding breaths, thank your body and make sure your body thanks you for taking this time to take care of it!

**Boom! you did it! Now hydrate and get on with your day!**