



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*

### **Chill Strength Workout:**

- 12x Seated Leg Lifts on each side
- 12x Seated straddles leg lifts on each side
- 12x Seated Double Leg Lifts

#### **On one side:**

- 15x "Jane Fonda" adductor leg lifts
- 15x Clam shells with feet lifted
- 15x "Jane Fonda" adductor leg lifts
- 15x Clam shells with feet lifted
- 15x Adductor Crunches
- 15x Clam shells with feet lifted

#### **On back:**

- 10x Rolling Hip Bridges
- 10x hinged hip bridges
- 10x single leg hip bridges on each side  
(repeat that set)

#### **On other side:**

- 15x "Jane Fonda" adductor leg lifts
- 15x Clam shells with feet lifted
- 15x "Jane Fonda" adductor leg lifts
- 15x Clam shells with feet lifted
- 15x Adductor Crunches
- 15x Clam shells with feet lifted

#### **On tummy:**

- 15x "hold ups"
- 15x diamond butt lifts
- 15x Swimmers

### **Cardio Workout:**

Timed 1 minute sets for 10 minutes:

- 1 Minute of Squats
- 1 Minute of Speed Skaters
- 1 Minute of Alternating Curtsey Lunges
- 1 Minute of T-jumps on one side
- 1 Minute of T-jumps on the other side
- 1 Minute of Alternating Lunges
- 1 Minute of Mountain Climbers
- 1 Minute of Plank with shoulder taps
- 1 Minute of Squat Jumps
- 1 Minute of Push Ups

**Repeat the above circuit(s) 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!**