

Create your own workout at home

BURN FAT IN A FUN AND QUICK WAY



1

Choose 2 - 4 exercises from each group below

2

Switch between cardio and strength exercises for 1 set

3

After 1 set, take a 30-60 sec break

4

Repeat Steps 2 and 3 until you've reached 30 minutes!

Push yourself to the max during every set. *That's why they're short.*

TIP: 1 set = 2 exercises for 20-90 seconds each

GROUP 1: CARDIO EXERCISES

RUN IN PLACE



JUMPING JACKS

BURPEES



SQUAT JUMPS

BUTT KICKS



HIGH KNEES

SKATER

GROUP 2: STRENGTH EXERCISES

WALKING LUNGES



SIT-UPS OR CRUNCHES



PUSH-UPS

TRICEPS DIPS OFF A STAIR STEP

PLANKS WITH OR WITHOUT TOE TOUCHES



SIDE PLANK WITH OR WITHOUT LEG EXTENSION