

7-DAY EXERCISE CHALLENGE 5 • FITNESS AT HOME

WARM UP

Perform Starjumps / Jumping Jacks for 60 seconds

• MAIN SET •

Perform each exercise for 50 seconds (10 second rest)
Repeat the set of 6 exercises for extra challenge
[EASIER : perform 30 secs; HARDER : perform 60 secs]

STRETCH

Stretch quads, glutes, arms



1 INCHWORM TO PLANK
(AND RETURN)



2 WALL SIT



3 TRICEPS DIPS



4 PLANK
(OR STRAIGHT ARM OR FROM KNEES)



5 BRIDGES



6 LUNGES
(OR MINI LUNGES)