

Part 1: Quick Workouts

Leg Day

25 squats

1 minute high knees

16 lunges

Inner thigh lifts (one minute each side)

Rest for 30 seconds

Rainbow leg lifts (1 minute each side)

1 minute squat pulses

Stretch to cool down.

Arms

10 push-ups

2 minute plank

1 minute small arm circles

Rest for 1 minute

1 minute up and down plank

Stretch to cool down.

Cardio

1 minute high knees

50 jumping jacks

10 lunges

1 minute shuffle toe taps

2 minute jog in place

12 burpees

30 seconds squat pulses

Stretch to cool down.

Abs

1 minute bicycle crunches

25 sit ups

2 minute plank

5 push-ups

1 minute jog in place

50 mountain climbers

1 minute Russian twists

Stretch to cool down.

Full Body

10-15 minutes biking, 10 mph or higher

20 jumping jacks

3 minute rest

10 minute jog

5 burpees

1 minute squat pulses

Stretch to cool down.

Part 2: Recommended Workouts

Pinterest:

4 Week Challenge Schedule Beginner

Monday

5 pushups
10 squats
20 sec. arm circles
20 sec reverse arm circles
15 crunches
15 bicycles
10 lunges (each leg)
15 sec. high knees

Tuesday

15 second of high knees
10 jumping jacks
15 situps
15 hip raises
15 second wall squat
5 jump squats
7 wide armed pushups
7 pushups

Wednesday

10 sumo squats
10 side crunches (each side)
10 second plank
12 squats
20 sec. arm circles
20 sec rev. arm circles
15 sec. high knees
12 jumping jacks

Thursday

12 lunges (each leg)
15 second wall squat
7 pushups
15 crunches
15 bicycles
7 jump squats
10 kickbacks (each leg)
10 sec. high knees

Friday

10 sec. high knees
12 squats
10 sec plank
15 jumping jacks
15 hip raises
15 situps
8 wide armed pushups
10 sumo squats

Saturday & Sunday

Rest, Hydrate, & Stretch!

*Take breaks, drink water
&*

Listen to YOUR body!!

[facebook.com/fitnesspageforwomen](https://www.facebook.com/fitnesspageforwomen)

Credit: <http://www.shape.com/fitness/workouts/4-weeks-fit-total-body>

8 MINS TO

FLAT ABS

FITWARR.COM



10 CRUNCHES



10 BICYCLE CRUNCHES



10 MOUNTAIN CLIMBERS



10 SIDE V-UPS (PER SIDE)



10 DYNAMIC PLANKS



10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

SETS LEVEL I 2 SETS LEVEL II 3 SETS LEVEL III 4 SETS REST BETWEEN SETS UP TO 1MIN

SPORTERZONE.COM

Credit: sporterzone.com

Centered

DAREBEE WORKOUT © darebee.com

Hold each pose for 20 seconds then move on to the next one.
Repeat each sequence again on the other side.

SEQUENCE #1



SEQUENCE #2



SEQUENCE #3



FLAT STOMACH

DAREBEE WORKOUT © darebee.com

repeat 5 times in total | 2 minutes rest between sets



40 high knees



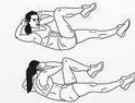
20 climbers



40 plank leg raises



40 high knees



20 knee-to-elbow crunches



40 raised leg crunches

Perfect 10

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 side lunges



10 calf raises



10 slow climbers



10 plank leg raises



10 shoulder taps



10 plank rotations



10 crunches



10 flutter kicks

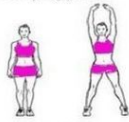


10 sitting twists

Credit: darbee.com

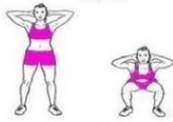


Jumping jacks



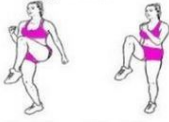
2 sets 15 reps

Squat



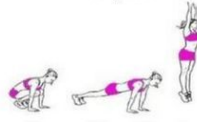
2 sets 15 reps

High knees



3 sets 10 reps

Burpees



2 sets 10 reps

Jump squat



3 sets 10 reps

Lunge



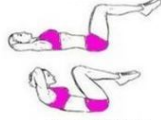
3 sets 12 reps

Mountain climbers



3 sets 10 reps

Crunch



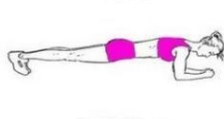
3 sets 15 reps

Push-up



2 sets 10 reps

Plank



2 sets 30 secs

HiITWORKOUT.net

Credit: hiitworkout.net

YouTube:

- **Chloe Ting** - Chloe is the most popular fitness YouTuber to date - she has over 15 million subscribers! She offers free, effective programs on her website that are loved by her thousands of fans
- **MadFit** - Maddie posts all sorts of workouts focused on different parts of the body. She is known for her full body dance workouts though, where she “choreographs” different exercises to a popular song
- **Pamela Reif** - Pamela posts short but intense workouts every week. They are very popular and are perfect if you’re looking for a challenge
- **Lilly Sabri** - Lilly posts fitness videos about four times a week, and each focuses on a different area. Also, she posts recipe ideas and includes equipment in several of her workouts

Pinterest Boards:

- **Get Healthy U** - This Pinterest account is filled with helpful links to workout ideas and healthy recipe ideas. It is geared more towards women though
- **MyFitnessPal** - Unlike many, this account is updated regularly and contains recipe ideas too. It even has an app which you can find on the app store!

Part 3: Workout Tips

Here are a few workout tips to help you make the most of your workouts and reach your fitness goals, whatever they may be.

1. Listen to music. Listening to music is the most popular way to stay engaged and entertained while working out. The Workout Hits playlist on Spotify is a lot of fun to listen to while working out. If you don't know where to find workout playlists, download the Spotify app and search 'workout', and you'll get a ton of results.
2. Listen to a podcast. Podcasts are super entertaining. You can find tons of options on Apple Podcasts and Spotify. From education podcasts like Ted Talks Daily and Stuff You Should Know to true crime podcasts like Crime Scene and Paper Ghosts, you're sure to find something you'll love.
3. Watch something. If you're working out in a stationary area like an elliptical, you can position a device in front of yourself and watch videos or a show that you love! It'll make the time fly by, especially for a longer or more tedious workout.
4. Change it up. Vary your workouts each day so that you don't fall into the same boring routine. If you do youtube video workouts regularly and you're getting bored, try going for a run instead. If you run around your neighborhood, try running at a park trail. You'll often find that changing your scenery will keep you active and interested.
5. Make a post workout snack/drink. If you have something to look forward to, you're more likely to be energized and happy during your workout!

6. Take a rest day. Taking one day per week off will help your muscles recover and will help you be more rested and rejuvenated for your next workout.
7. Work out with a friend. If you and a friend are following a workout plan together, you'll be more likely to stick with it because you have someone to hold you accountable. Plus, once you reach your goals, it'll be extra fun to celebrate.
8. Try to stick to healthy foods (but treat yourself too!). You're more likely to workout after eating a salad than after eating an enormous portion of french fries. Eating healthy will help keep you energized and not bloated or tired while working out. With that said, make sure that you treat yourself. You'll lose your motivation if you don't and while it's important to be healthy, it's just as important to be happy.
9. Start small. You won't get where you want to be overnight. If your fitness goal is to be able to do 50 consecutive push-ups, start with 5 and build up from there each week. Listen to your body and give yourself a break- you've already taken a huge step in the right direction by starting to work out in the first place!
10. Reward yourself. If you reach your fitness goal (ex: you can now do 50 consecutive push-ups), consider rewarding yourself with some new workout gear or something else you've been wanting. You deserve it for all your hard work!