**Stretch**

* Each workout will begin with these stretches:
* Right over left
* Left over right
* Spread to the right
* Spread to the left
* Spread middle
* Sitting hurdler stretch to the right
* Sitting hurdler stretch to the left
* Butterfly stretch

**Lower Body**

* Body weight squats (10 reps)
* Standing lunge (5 each leg)
* Rockets/Squat jumps (10 reps)
* High knees in place (15 seconds)
* Mountain climbers (15 reps each leg)
* Go through each of these 4 times (4 cylcles)

**Upper Body**

* Pushups (10 reps)
* Towel bicep curls (10 reps)
* Body weight tricep dips (10 reps)
* Lateral plank walk (5 reps to the right, 5 reps to the left, alternate sides)
* Plank rotations (5 reps each arm)

**Abs**

* Crunches (30 seconds)
* V twist (30 seconds)
* Plank (30 seconds)
* Leg raises (30 seconds)
* In and Outs (30 seconds)

Go through each of these 4 times (4 cycles)

**Please read the information below.**

The Department of Health and Human Services recommends these exercise guidelines:

* **Aerobic activity.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.
* **Strength training.** Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Moderate aerobic exercise includes activities such as brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes activities such as running and aerobic dancing. Strength training can include use of weight machines, your own body weight, resistance tubing or resistance paddles in the water, or activities such as rock climbing.

As a general goal, aim for at least 30 minutes of moderate physical activity every day. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to exercise more. Want to aim even higher? You can achieve more health benefits if you ramp up your exercise to 300 minutes or more a week.

Reducing sitting time is important, too. The more hours you sit each day, the higher your risk of metabolic problems. Sitting too much can negatively impact your health and longevity, even if you get the recommended amount of daily physical activity.

Short on long chunks of time? Even brief bouts of activity offer benefits. For instance, if you can't fit in one 30-minute walk during the day, try a few five-minute walks instead. Any activity is better than none at all. What's most important is making regular physical activity part of your lifestyle.