

## **Mini Weekend Workout: 30 min**

### **Warm up:**

March with arm circles

Modified Jack-Lunge side to side-arms alternate over head

Hamstring curl to glute

Heel press to front

### **Workout:**

Jumping Jack 1 min.

Squat and reach though legs 1 min.

Mountain climbers 1 min.

Alternate lunge 1 min.

Push-ups 1 min. or 15 repetitions

Combo crunch or bicycle abs 1 min.

*Go through workout 4 times*

### **Stretch**