DAY 1

Exercise Name	Date:		
	Sets	Reps	Lbs
Plank	4	1 min	
Walking Lunges	4	1 min	
Weighted Glute Bridge with pulse at top	4	1 min	
Squat Jacks	4	1 min	
Air Squats	4	1 min	
Resistance Band Rows	4	1 min	
Burpee Mountain Climbers	4	1 min	

Instructions:

This workout should take roughly 30 minutes. Start at the top of the column (set) and move down vertically (completing exercises back to back with minimal/no rest) until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets.

Bonus Challenge Day 1 – Enjoy Exercise

Over the next 7 days, you will commit to exercising at least 20 minutes each day. Write down 5 exercises you love doing. Hint: you will be using them during tomorrow's workout.

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