

On the Road Workout A

Warm Up

20 each of: EZ squats, flat crunches and wall pushups (stand about arms length from wall and keep body straight; bending at elbows bring chest near wall, and push away)

3-5 min stretching

Workout-3 rounds of exercises below

Toosh touches (x25)

Stand with heels just in front of a chair or bench. Bend knees and lower toosh until it lightly touches the seat, then stand up. Keep the shoulders over hips throughout the movement. Keep knees soft and do not rest in the raised or lowered position (keep muscles engaged throughout).

Pushups (x15)

Feel free to modify (knees on floor), but keep hips in line (knees to shoulders makes a diagonal line if you're modified).

Static lunges (x15 on each leg, 30 lunges total)

If you have room, your lunges can be traveling. Otherwise, keep the lunges static: step forward to lunge, push off the front foot to step it back next to the other. Continue using the same leg, and switch for the last half (if you do traveling lunges, of course you will alternate legs each lunge).

Standing punches (x25 on each arm)

Stand in horse stance (feet wider than shoulder width, knees bent, hips low; keep shoulders above hips). Starting position for fists is palm up, pinky side of hand against ribs. Rotate the arm as you punch so that palm is toward floor. You can punch right to the center or across the body.

Cool Down

If you have room or a treadmill, walk for 5-8 min

Stretch for 3-5 min

Be sure to take in some good & healthy foods after your workout!