



FITNESS IS FOREVER

with Calleen Fisher

FULL BODY WEIGHT WORKOUT #1

WARM UP:

Seal Jacks - 30 seconds
Torso Twists - 30 seconds
Shoulder Rolls - 30 seconds
high Knees - 30 seconds
Arm Circles - 30 seconds
Repeat above for 2 rounds

WORKOUT:

You'll perform 12 exercises for 30 seconds, resting between each exercise.

The circuit can be repeated 2-3 times based on fitness level.

- 1-Jumping jacks
- 2-Wall sit
3. Push-up
- 4- Abdominal crunch
- 5- Step up onto a chair (or box or bench)
- 6- Squat lower
- 7- Triceps dip performed on chair
- 8- Plank (core)
- 9- High knees / running in place
- 10- Lunge
- 11-Push-up and rotation
- 12- Side plank

COOL DOWN:

Shoulder Flexion on floor
Torso lateral rotation - both sides
Pull knees to chest
Hamstring Stretch each side
Quad Stretch each side lying on floor
Calf Stretch

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