

CHOICE AT HOME WORKOUTS



CHOICE
HEALTH & FITNESS

FULL BODY STRENGTH & CARDIO INTERVALS

WARM UP | 3-5 MINUTES

30 SEC. INTERVALS OF EACH EXERCISE FOR ENTIRE LENGTH OF SONG

	1	2	3	4	5	6
1. Jacks or Side Taps	:30	:30	:30	:30	:30	:30
2. Cable Pull Apart	:30	:30	:30	:30	:30	:30
3. Squat Kick	:30	:30	:30	:30	:30	:30

30 SEC. INTERVALS OF EACH EXERCISE FOR ENTIRE LENGTH OF SONG

	1	2	3	4	5	6
1. Band Side Step Lateral 4 Steps / 4 Squat Jumps	:30	:30	:30	:30	:30	:30
2. DB Curls Press to Tricep Extension	:30	:30	:30	:30	:30	:30
3. Jump Rope	:30	:30	:30	:30	:30	:30

30 SEC. INTERVALS OF EACH EXERCISE FOR ENTIRE LENGTH OF SONG

	1	2	3	4	5	6
1. Alternating Step Ups w/ Hip Extension	:30	:30	:30	:30	:30	:30
2. Pushups	:30	:30	:30	:30	:30	:30
3. Supine Plank Knee Drive	:30	:30	:30	:30	:30	:30

REPEAT THESE 5 EXERCISES FOR ENTIRE LENGTH OF SONG

	1	2	3	4	5	6
1. Side Pushup (Right)	:20	:20	:20	:20	:20	:20
2. Plank	:20	:20	:20	:20	:20	:20
3. Side Pushup (Left)	:20	:20	:20	:20	:20	:20
3. Plank	:20	:20	:20	:20	:20	:20
3. Jump Rope	:40	:40	:40	:40	:40	:40

COOL DOWN & STRETCH