

Morning Workout Schedule



Monday: Strength Training Workout 1

- 50 Jumping Jacks
- 30 Push-ups
- 20 Sit-ups
- 20 Mountain climbers
- 1 minute plank

Tuesday: Cardio

- 20-40 Minutes of Cardio.
- Power walking
- Running
- Cycling
- Elliptical
- Stairclimber

Wednesday: Strength Training Workout 2

- 80 Jumping Jacks
- 30 Push-ups
- 40 Sit-ups
- 50 Squats
- 20 lunges (per leg)
- 60 second wall sit

Thursday: Cardio/ HITT

- 5 min warm up
- 30 second high-intensity (sprint a all-out pace)
- 90 second recovery (fast walk or slow jog)
- Repeat 5 times
- 5 minute cool down

Friday: Strength Training Workout 3

- 10 Squats
- 30 Jumping Jacks
- 30 Lunges (per leg)
- 10 Burpees
- 30 second wall sit
- 30 second plank
- 30 Crunches

Saturday: Yoga/Stretching

Sunday: Rest and Recover