

7-Day *Quarantine* Workout Schedule

Sweat Session Cardio!

Squats x20
Lunge pulse (R)
x20
Lunge pulse (L)
x20
Walking burpee
squats x15
Front kicks x20
Side 2 side jump
squats x15
Squat pulse x20

Hardcore Abs!

Russian twists
x20
V-up sit-ups x20
Criss cross x20
Scissors x20
Star abs x20
Roll-ups x20
Legs up crunches
x20

Strong Arms!

Walnut crushers
x30
Prayer pulse x20
Half cobra push-
ups x20
Squat dumbbell
punches x30
Curl-ups x20
Curl + press x20
Lawn mower
pull x25

Plump Booty!

Bridges x30
Squat kick (R) x20
Squat kick (L) x20
Straight leg lift (R)
x20
Straight leg lift (L)
x20
Knee bent leg lift
(R) x20
Knee bent leg lift
(L) x20

Thankful Legs!

Alt. Lunges x20
Plie squats x25
Side leg lift (R) x25
Side leg lift (L) x25
Squat walking
burpee x15
Squat pulse stand
x25
Alt. Lunge pulse
x15

Relaxation!

Write/journal
Meditate
Yoga flow

Stretch it Out!

*10 Morning
Stretches
*Stretches After A
Stressful Day.
*Total Body
Stretch
*Daily Stretching
for Flexibility &
Relaxation

Do 4 rounds of each
circuit. This will give
you a good workout
around 15 minutes.

Have fun! -
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