

All Day Mini-Workout

Keep busy by working out all day from the time you wake up until the time you go to bed! This workout is a mix between all 3 classes – Strength & Balance, Circuit, Fusion, Sit & Fit, and Core Dynamics. You can use weights/household items for certain exercises or body-weight only. Be creative and Have fun!!

Every time you....

Walk into the kitchen – Out, Out, Squat, In, In (2 Repetitions)

Have a sip of coffee - Heel Tap + Bicep Curl (6 Repetitions, 3 with each heel)

Sit down on the couch/chair – Cross Country Ski (30 seconds)

Finish making your bed – Side Leg Circles (30 seconds each leg, use your freshly made bed to perform this exercise!)

Open the fridge – V-Raises (3 Repetitions)

Finish getting dressed – Forward, Forward, Back, Back (1 minute!)

Finish brushing your teeth - Flamingo Balance Stance (20 seconds each foot)

Order something online – High Plank (30 seconds)

Walk into the bathroom – Single Leg Push-Ups (4 repetitions, 2 on each foot, use your bathroom vanity to modify push-ups)

Step outside – Alternating Overhead Press (10 Repetitions, right + left arm = 1 repetition)

Change the T.V. channel – Side to Side Knee Tucks (6 repetitions)

Finish talking on the phone – Reverse Lunges (6 repetitions, 3 each leg)

Send an email - Calf Raise + Sit to Stand (3 repetitions)

Drink water – Cat + Cow (4 repetitions)

Read one page of a book/magazine – Fire Hydrants (2 repetitions, 1 each side)

Put your face mask on / take your face mask off – Standing Side Bends (12 repetitions, 6 each side)