

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 – Squat + Overhead Press (5 Repetitions)

Have a sip of coffee – Seated Jacks (5 Repetitions)

Sit down on the couch/chair – Seated Deadlift + Front Raise (5 Repetitions)

Finish making your bed – Curtsey Lunge + Chest Press

Open the fridge – Lateral High Knees (6 Repetitions)

Finish getting dressed – Single Leg Hip Bridges (6 Repetitions each Leg)

Finish brushing your teeth – Foot Fires

Order something online – Side Plank (30 seconds each side)

Walk into the bathroom – Wall Sit (1 minute!)

Step outside – Windmill (6 Repetitions each side)

Change the T.V. channel – Single Leg Raise

Finish talking on the phone – Bird Dog (8 Repetitions each side)

Send an email – Lunge + Calf Raise

Drink water – Cat + Cow (8 repetitions)

Read one page of a book/magazine – Lying Opposite Elbow to Knee (4 repetitions, 2 each side)

Put your face mask on / take your face mask off – Overhead Press + Tricep Extension (5 Repetitions)