









## “Sample Home Workout”

-  Begin with a dynamic warm-up
-  1 mile brisk walk or jog
-  2-3 sets of push-ups (10 reps)
-  2-3 sets of abdominal crunches (15-20 reps)
-  2-3 sets of lunges (10 reps on each leg)
-  2-3 sets of wall seats (30 seconds)
-  2-3 sets of body squats (10 reps)
-  10 minute cool down (stretching upper and lower body)