

Workouts you can fit in anywhere, anytime. No equipment needed. If you have time, go for a 5 to 10-minute walk before and after to warm-up and cool-down. **Most importantly, set your own pace.** These workouts are about you and for you. If anything hurts, do not do it. A substitution or adaptation can always be made. If you are brand new to exercise, take it easy and consult professionals to make sure you are doing the exercises safely. If it is too easy, add sets or time to the exercise. All physical activity carries the inherent risk of injury, consult with medical professionals if you deem it prudent or necessary. **Lastly, have fun with it!** Exercise can be enjoyable, make it something you want to repeat. Get family and friends involved for a group activity.

HIIT Workout

15 squat jumps
5 push-ups
25 high knees
7 burpees
10 lunges
7 squats
5 push-ups
10 lunges
5 push-ups
7 squats
15 squat jumps
1-minute wall sit
5 push-ups
25 high knees

Repeat 2-3 times, rest as needed. And you did it!

Pyramid Workout for Kids

20 Jumping Jacks
15 Frog Jumps
10 push-ups
5 walking lunges
10 push-ups
15 frog jumps
20 jumping jacks

All-Over Bodyweight Workout

<p><u>Arms</u> 5 push-ups 1 full bridge 10 tricep dips 10 incline push-ups 5 burpees</p>	<p><u>Legs</u> 10 squats 20 lunges 10 side lunges 15 standing calf raises 5 jump squats</p>
<p><u>Back</u> 20 bird-dogs 30 Superman 1 full bridge 15 short bridges 30 Superman</p>	<p><u>Core</u> 30s plank 15 vertical leg crunches 20 oblique crunches 20s side plank, right and left 30s plank</p>