

5 WORKOUTS FOR THE WEEK

Busy week? Check out this workout plan for simple exercises that fit any schedule.

1 YOGA WORKOUT

Build your balance and kick-start your core.



AIRPLANE POSE
3 sets, 30 sec. each



TREE POSE
3 sets, 30 sec. each



PLANK
3 sets, 20 sec. each

2 OFFICE PARTY WORKOUT

Break up your work day with these muscle-building moves.



SUMO SQUAT
5 sets, 20 sec. each



LUNGES
3 sets of 10



CALF RAISES
5 sets, 30 sec. each

3 HOME SWEET HOME WORKOUT

Work up a sweat... in the comfort of your home.



MOUNTAIN CLIMBERS
5 sets, 20 sec. each



ANCHORED V HOLD
3 sets, 20 sec. each



BIRD DOG POSE
5 sets, 30 sec. each

4 BACK TO BASICS WORKOUT

Feel the burn with these simple exercises.



ARM CIRCLES
3 sets, 30 sec. each



HEEL TOUCHES
3 sets of 20



SIDE PLANK
3 sets, 30 sec. each

5 GET CREATIVE WORKOUT

No equipment? No problem! Make your own and get moving.



LATERAL JUMPS
3 sets of 10



BICEP CURLS
3 sets of 10



LEG EXTENSIONS
2 sets, 30 sec. each

Try this plan, or make your own with exercises from ShapeYourFutureOK.com.
Just plan on moving for 30 minutes every day (kids need 60)!