

**DAY 1 (One minute break between stations, do each station three times)**

**Station 1...3 Sets of as many as you can do in 45 Seconds for each exercise**

Air Squats (use something around the house to hold)

<https://www.youtube.com/watch?v=rMvwVtlqjTE>

Push Ups

Pogo Jumps <https://www.youtube.com/watch?v=f6CYKM4sot0>

Glue Bridges <https://www.youtube.com/watch?v=8bbE64NuDTU>

**Station 2...3 Sets of as many as you can do in 45 Seconds for each exercise**

Seal Jacks [https://www.youtube.com/watch?v=7qaDvP5b\\_Nk](https://www.youtube.com/watch?v=7qaDvP5b_Nk)

Step ups or High knees

Burpees <https://www.youtube.com/watch?v=tJrdJBWBu08>

Single Leg Romanian Deadlift <https://www.youtube.com/watch?v=DrvcV-AI0jY>

**DAY 2 (One minute break between stations, do each station three times)**

**Station 3...3 Sets of as many as you can do in 45 Seconds for each exercise**

Close grip push ups <https://www.youtube.com/watch?v=G2mlaEfpEIM>

Pikes <https://www.youtube.com/watch?v=sposDXWEB0A>

Good Mornings <https://www.youtube.com/watch?v=N7LxSvXTeJl>

Scissor Jumps <https://www.youtube.com/watch?v=R1VNNkSHI9I>

**Station 4...3 Sets of as many as you can do in 45 Seconds for each exercise**

Split Squats <https://www.youtube.com/watch?v=HBYGeyb4sSM>

Star Push Ups <https://www.youtube.com/watch?v=zbn8MVSyW2A>

Planks -Front

Planks -side

**Try to get running in also. I can't tell you to leave your house, but if you have a yard, get some sprints in. Do what you have room for. 4 sets of springs for one minute each.**

**You can break these workouts into 2 days. Make sure to stretch before and after. These are about half**