



# WORKOUT OF THE DAY

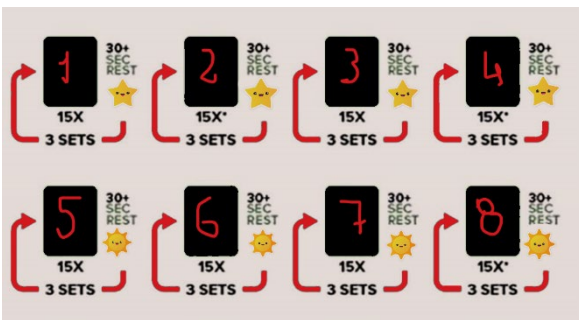


## CORE TRAINING

**What You'll Need:** elastic band, dumbbells, floor mat

**Recommendations:** Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

**Warm Up (2X):** 45 sec. jumping rope | 45 sec. running in place | 45 sec-high knee/leg curls



### Circuit Training Stations:

Use this circuit training chart with the exercises below to create a custom workout. Complete 3 sets of 15 reps of each exercise with a 30-second rest in between each circuit for the full workout. Or remove circuits or sets for a modified workout.



### Exercises:

Complete these exercises with elastic bands, as shown, or use dumbbells or body weight.

Two alternative exercises may be substituted for any of the circuit exercises.

**Cool Down:** take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.