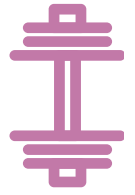


At home workouts



3 LEVELS OF WORKOUTS TO INCREASE YOUR FITNESS

LEVEL 1

For beginners, sore or tight joints, sedentary individuals

Do each exercise in each round continuously then rest 1 minute

ROUND 1

- 20 Jumping Jacks with no jumping, one leg step out R then L 20
- Cross Body punches
- 10 Squats with support such as holding back of a chair
- 10 Pushups on knees to ground, release hands & push back up
- 10 Full Sit-Ups with feet under couch for support

Rest 1 minute

ROUND 2

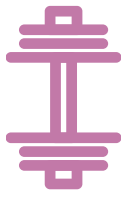
- 20 Jumping Jacks with no jumping, one leg step out R then L
- 20 Reverse lunges with support (10 each leg)
- 10 Wide arm pushups on knees
- 15 Squats (with support)
- 30 Knee to chest marches (15 each leg)

Rest 1 minute

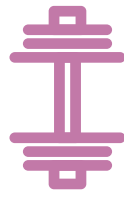
ROUND 3

- 20 Jumping Jacks with no jumping, one leg step out R then L
- 20 Squat to front kick (10 each leg)
- 20 Fire Hydrants (10 each leg)
- 20 Donkey Kicks (10 each leg)
- 20 Bicycle Crunches

Repeat each round 3 times ••• Complete 3x a week!



At home workouts



3 LEVELS OF WORKOUTS TO INCREASE YOUR FITNESS

LEVEL 2 5 ROUNDS

Moderately active individuals, some previous exercise experience

Equipment: Jump rope, 5lb dumbbells, sliders, Loop Resistance Bands

Warm up: 200 Jump ropes or 100 Jumping Jacks and 50 Butt Kicks

ROUND 1

- 10 Squats with 5 lb dumbbell over head shoulder press
- 20 Sumo squats with two 5 lb dumbbells upright row
- 20 Single leg dead lifts with 5 lb dumbbell rows (10 each leg)
- 20 Reverse lunges (10 each leg)
- 20 Mountain climbers + 10 Wide arm Pushups
- 10 Bird dogs (5 each side)

Rest 1 minute

ROUND 2

- 10 Burpees
- 20 Pulse squats
- 10 Squat jumps forward and back
- 20 Cross Body punches holding squat with 5 lb weights
- 20 High to low plank 30 Second plank hold
- 20 Full Sit-ups + 20 Reverse Crunches

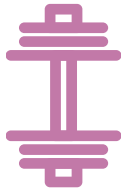
Rest 1 minute

ROUND 3

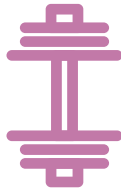
- 20 Star Jumps Runners Lunge with hop (10 each leg)
- 20 High knees
- 20 Russian Twists + 20 Oblique crunches (10 each side)
- 20 Slider side lunges (10 each leg)
- 20 Skaters (10 each leg)
- 20 Tricep dips

Rest 1 minute

Grab your Loop Resistance bands and continue to next page



At home workouts



3 LEVELS OF WORKOUTS TO INCREASE YOUR FITNESS

LEVEL 2 5 ROUNDS

Continued

ROUND 4

- 20 Banded ballet leg lifts (standing with knee bent lifted out to side)
- 10 Laying on back banded bridges with tension
- 20 Laying on back hold bridge position banded clams
- 20 Banded clams (10 laying on R side then 10 on L side)
- 20 Banded straight leg lifts (10 laying on R side then 10 on L side)
- 20 Banded Fire Hydrants (10 each leg)
- 20 Banded Donkey Kicks (10 each leg) 20 Banded Bicycle Crunches

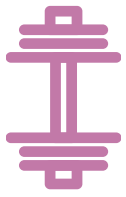
Rest 1 minute

ROUND 5

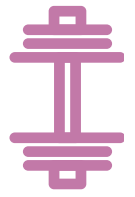
- 20 Plank with hip dips side to side
- 20 Bicycle crunches
- 10 Reverse table top, opposite hand to opposite foot touch
- 20 V ups with extended legs and arms
- 1 minute elbow plank hold
- 1 minute L side plank hold
- 1 minute R side plank hold

Rest 1 minute

Repeat each round 2 times ••• Complete 3x a week



At home workouts



3 LEVELS OF WORKOUTS TO INCREASE YOUR FITNESS

LEVEL 3 5 ROUNDS

Active individuals who want to supplement their workouts with additional HIIT

Equipment: Jumprope, 5lb dumbbells, sliders, Loop Resistance Bands

Warm up: 100 Jumping jacks, 50 butt kicks or 200 Jump ropes

ROUND 1

- 20 Full range squats with 5 lb dumbbell over head shoulder press
- 20 Sumo Squats with 5 lb dumbbell upright row
- 10 Tuck Jumps
- 20 Calf Raises
- 30 High Knees
- 20 Alternating Split Jump Lunges
- 20 Single leg dead lifts with 5 lb dumbbell rows (10 each leg)

Rest 1 minute

ROUND 2

- 15 Burpees with full hand release pushups
- 10 Pushups to row with 5 lb dumbbell
- 20 Mountain Climbers opposite knee to elbow
- 10 Full Plank to Elbow Plank
- 20 Shoulder touches
- 20 Slider Side Lunges (10 each side)
- 20 Slider Reverses lunges (10 each side)
- 20 Supermans

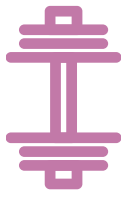
Rest 1 minute

ROUND 3

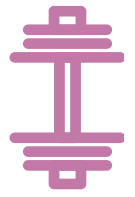
- 20 Runners lunch to hop (10 each side)
- 20 Curtsey Lunges with 5 lbs db bicep curl
- 20 Cross body punched with 5 lb dumbbell while holding squat
- 30 Standing Mountain Climbers
- 10 Stand to squat to roll on back to squat to stand with knee tuck
- 20 Full Range sit ups

Rest 1 minute

Grab your Loop Resistance bands and continue to next page



At home workouts



3 LEVELS OF WORKOUTS TO
INCREASE YOUR FITNESS

LEVEL 3
5 ROUNDS

Continued

ROUND 4

- 20 Banded ballet leg lifts (standing with knee bent lifted out to side)
- 20 Laying on back banded single leg bridges with tension
- 20 Laying on back hold bridge position banded clams
- 20 Banded Side straight-leg lifts (10 laying on R side then 10 on L side)
- 20 Banded clams (10 laying on R side then 10 on L side)
- 20 Banded Fire hydrant
- 20 Banded Donkey Kicks

Rest 1 minute

ROUND 5

- 30 Plank with hip dips side to side
- 30 Bicycle crunches
- 15 Reverse table top, opposite hand to opposite foot touch
- 20 V ups extended legs and arms
- 90 second elbow plank hold
- 90 second L side plank hold
- 90 second R side plank hold

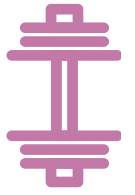
Rest 1 minute

Repeat each round 2 times ••• Complete 3x- 4x a week

Tag me on IG @chelsea_hardin when you've completed one of these at home workouts!



Now what?



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