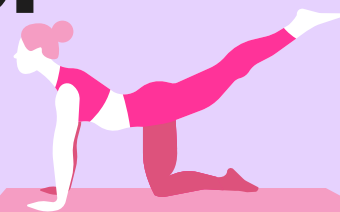


30-Minute Easy Workout Plan for Busy Moms



EQUIPMENT NEEDED:

- RESISTANCE BANDS
- YOGA MAT
- ADJUSTABLE DUMBBELLS (OR CANNED GOODS!)
- SMART JUMP ROPE OR CUBII ELLIPTICAL
- WORKOUT CHALLENGE CARDS (OR PRINTED VERSION)
- BLUETOOTH SPEAKER (OPTIONAL)
- WATER TUMBLER

STRENGTH & TONING

(15 MINUTES) USE RESISTANCE BANDS AND DUMBBELLS. DO EACH MOVE FOR 45 SECONDS, REST 15 SECONDS BETWEEN. REPEAT THE WHOLE SET TWICE:

- SQUAT + RESISTANCE BAND PULSE
- BAND ABOVE KNEES. SQUAT, HOLD & PULSE 3 TIMES, THEN STAND.
- BICEP CURLS (DUMBBELLS)
- SLOW AND CONTROLLED. 10-12 REPS PER SET.
- GLUTE BRIDGES WITH BAND
- LIE ON MAT, BAND ABOVE KNEES, LIFT HIPS AND SQUEEZE GLUTES.
- SHOULDER PRESS (DUMBBELLS)
- PRESS WEIGHTS OVERHEAD, LOWER SLOWLY.
- SIDE LEG RAISES WITH BAND
- STAND OR LIE ON SIDE. SWITCH LEGS EACH ROUND.

USE YOUR WORKOUT CHALLENGE CARDS TO MIX IT UP!



WARM-UP (5 MINUTES) GET YOUR BODY READY WITH THIS ENERGIZING WARM-UP:

- 30 SEC: MARCH IN PLACE
- 30 SEC: ARM CIRCLES (FORWARD + BACKWARD)
- 30 SEC: SIDE LUNGES
- 30 SEC: SHOULDER ROLLS
- 30 SEC: JUMPING JACKS (OR STEP JACKS)
- 30 SEC: DEEP BREATHS + REACH TO THE SKY

REPEAT 2X

CARDIO BURST (5 MINUTES) CHOOSE YOUR CARDIO TOOL:

- SMART JUMP ROPE: 30 SEC JUMP, 30 SEC REST X5
- CUBII ELLIPTICAL: MODERATE PACE FOR 5 MIN

COOL DOWN & STRETCH (5 MINUTES) HOLD EACH STRETCH FOR 30-45 SECONDS:

- CHILD'S POSE
- SEATED HAMSTRING STRETCH (EACH SIDE)
- CROSS-BODY SHOULDER STRETCH
- TRICEPS STRETCH
- CAT-COW STRETCH
- FINISH WITH DEEP BELLY BREATHING

MOM TIPS:

- BREAK INTO 10-MINUTE CHUNKS IF NEEDED
- ADD YOUR FAVORITE PLAYLIST ON YOUR BLUETOOTH SPEAKER
- TRACK YOUR PROGRESS IN A FITNESS JOURNAL
- INVOLVE YOUR KIDS FOR FUN MOVEMENT BREAKS

HYDRATE AFTER WITH YOUR FAVORITE WATER TUMBLER!

YOU'VE GOT THIS, MAMA! ❤️



Fitness Tracker planner

DATE:

MUSCLE GROUP:

RESISTANCE:

EXERCISE	SETS	REPS/ TIME	WEIGHT	NOTES	✓

CARDIO:

EXERCISE	DISTANCE	TIME	CALORIES	NOTES	✓

