

Faith & Fitness - Workout Schedule

Jumping jacks
 Air squares
 Lunges
 Walking lunges
 Revers lunges
 Mountain climbers
 Burpees
 Inch Worms
 Flutter kicks
 Push ups
 Diamond push ups
 Shoulder tap push ups
 High Knees
 Frankenstein
 Sit ups
 Side planks
 Side lunges
 Lateral Plank Walks
 V-Ups
 Jump Squats
 Plank
 Up and Down Plank
 Running
 Pistol
 Russian Twists
 Plank Jack

Wall Ball
 Dumb bell
 Box Jumps
 Step ups
 Battle Ropes
 Jump Rope

Legs

Jumping Jack
 Lunges
 Air Squats
 High Knees
 Frankenstein
 Running
 Pistol
 Side lunges

Core

Mountain Climbers
 Burpee
 Sit up
 Planks
 Russian Twist
 V-Ups
 Plank Jack
 Lateral Plank walks

Upper Body

Up and down plank
 Inch Worms
 Push ups
 Diamond Push ups
 Planks
 Burpees
 Wall Walks
 Hand Stand push ups

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Week One:

Workout 1 20 min

8 movements

35 seconds Movements 15 seconds rest.

1. Jumping jacks
2. Push ups
3. Sit ups
4. Lunges
5. Mountain Climbers
6. Russian Twist
7. High knees
8. Plank

Week One:

Day 2

1. Jumping Air Squats
2. Plank Jacks
3. V-ups
4. Burpee

Warm up: 10 min.

Stretching;

Legs, hips

- Pigeon pose
- Side Stretch
- Good morning
- Johnson Curl
- Shoulders
- Door post
- Inch worms

Cool Down:

Walk around the block.

Tuesday's 6:00pm and Saturday Mornings 9:00am