

Balancing Work, Life & Fitness with Kiah: Workouts of the Week

Monday

Full workout:

Warm-up – Jog in place

1. Squat x 15
2. Knee push-ups x 10
3. Jumping Jacks x 20
4. Bear Crawls x 10

Repeat circuit 3 times



Tuesday

20 minute outdoor walk



Wednesday

Burpee challenge

start with 10 burpees today!

10-minute ab workout

1. 45 second plank hold
2. 20 crunches
3. 20 bicycles

repeat 3 times



Thursday

15 burpees today!

10-minute leg workout

1. 15 lunges
2. 20 hip thrusts
3. 10 sumo squats

repeat 2 times



Friday

20 burpees today!

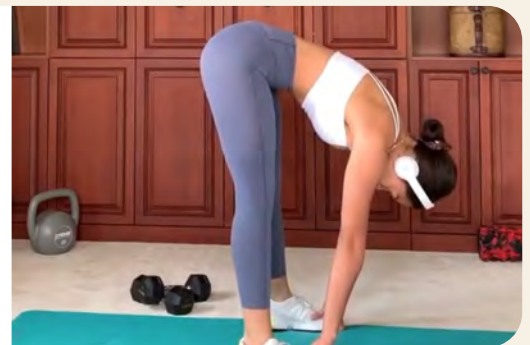
5-ingredient Kale smoothie

1. 1 cup of fresh kale
2. ½ cup of frozen peaches
3. ½ cup of frozen mango
4. ½ tsp of fresh chopped ginger
5. 1 cup of orange juice



Saturday

20 minute yoga flow



Sunday

Day off!

Hydrate, relax, and get ready for the week ahead.

