

CHI WORKOUT

HOME WORKOUTS – Bodyweight with Melisa

Work your way through the exercises on the list doing a set of
20 reps, 15 reps, 10 reps, 5 reps AND DO 5 burpees after each exercise

Try to make it through 2 times! *For a total of 160 burpees* 😊

Wide plank with shoulder taps (count each tap)

Lateral squats(mini band around ankles)

Cross climbers

Lunges

**Don't forget the 5 burpees after each exercise!*



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DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.