

CHI WORKOUT

HOME WORKOUTS – Body Weight with Melisa

Chair Dips + Burpee (10:1) Ladder

(Example; 10 Chair Dips - 1 Burpee, 9 Chair Dips - 2 Burpees, 8 Chair dips - 3 Burpees, etc.)

THEN complete the following for 2 rounds

50 - Squats Pop Outs *(with or without band)*

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40 - Plank Hip Drops

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30 – Sit-up Straight Leg

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20 - Standing Oblique Crunch *(with or without weight)*

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10 – Push-ups

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**50 Jumping Jacks*

Chair Dips + Burpee (10:1) Ladder



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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.