

CHI WORKOUT

HOME WORKOUTS – Body Weight with Melisa

START with a 10 minute walk/run!

THEN Complete 40 reps, 30 reps, 20 reps, 10 reps of EACH exercise

a total of 100 reps

Straight leg sit ups

Punches (w/ or w/o weights)

Wide squats

Modified Push-ups (knees down)

END with a 10 minute walk/run!



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.