

CHI WORKOUT

HOME WORKOUTS – At home with Melisa

WARM-UP with stretching AND a 10 min walk/jog

THEN COMPLETE each exercise for a set of 40 reps, 30 reps, 20 reps, 10 reps and do a cardio move between sets:

(Example; 40 jump squats, 40 walk outs, 40 plank hip dips, 40 lateral squats, cardio choice, then go to 30 reps, etc.)

Jump Squats

Walk Outs

Plank Hip Dips

Lateral Squats

Cardio options (choose one)

100 toe taps, 100 jumping Jacks, 100 skaters

COOL DOWN with 5 or 10 min walk or jog and stretch!



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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.