

CHI WORKOUT

HOME WORKOUTS – Body Weight

High Intensity:

Complete each exercise for 45 seconds with a 15 second rest.

Skaters

Lunge Jumps (alternating)

Mountain Climbers

Squat Jumps

Plank Jacks

Burpees

Complete for a total of 3-4 Rounds

Modified:

Complete each exercise for 45 seconds with a 15 second rest.

Skaters

Lunge (alternating)

Mountain Climbers

Squat

Plank Hold

Step Backs (*modified burpee*)

Complete for a total of 3-4 Rounds