

ACTIVE AT HOME

30 MINUTE HOPPY EASTER HOME WORKOUT

NO EQUIPMENT NEEDED

WARM UP: 3-5 Minutes

Move around your house; go up and down stairs, run around your kitchen!

Cardio: 3 Rounds Total

Round 1: Each Exercise 45sec, 15 Sec Rest

Repeat Round 1 X 2 more times

- Bounding Burpees-classic burpee with a jump forward
- Side to Side Hops- remember to keep legs close together and land with soft knees
- Reverse Lunge with Knee Up Hop- remember to switch and do both legs
- Star Jumps- jump and extend both arms and legs out into a star shape, land softly
- Travelling Jump Squats-start in a squat position, jump up and forward explosively landing back in a squat position
- Cross Over Jacks-simultaneously cross your arms in front of your chest and one leg in front of the other
- High Knees- bring knees up into chest
- Plie Squat Pops- stand with feet wide, toes pointed out. Squat down and when coming up, explode so feet leave ground
- Ninja Jumps-start on your knees, thrust your hips forward and jump your legs so your feet are on the ground
- Plank Jacks- hold body in a plank, jumping legs wide and back together

COOL DOWN: 30 Sec per side

- Calf Stretch (*heel to floor, toe up on wall, lean into wall*)
- Quad Stretch (*cradle foot in same side hand, press hips forward, hold wall for balance if needed*)
- Hamstring Stretch (*forward fold, keep slight knee bend*)
- Arm Stretch (*bring one arm across chest, press into extended forearm with opposite hand*)
- Shoulder/Chest Stretch (*clasp hands behind back or reach behind back and press down/away from body*)
- Child's Pose (*kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms*)
- Breathe (*deep inhales, deep exhales*)

GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!