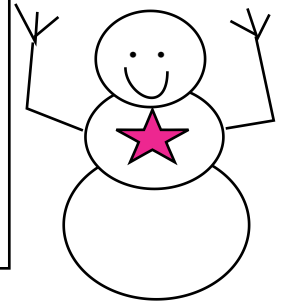




Mommy BOOT★CAMP

Mommy Strong. All ^{snow}Day Long.



SNOWDAY WORKOUT

Gimme 10

A 10 Minute Workout! We know that even on snowdays it's hard to find time to exercise. We have created a quick (yet effective) 10 minute exercise plan for you to do at home.

No equipment is required, so put on your Ipod, get some water, have a watch/timer handy and get ready for our **Gimme 10 Workout!**

This workout is designed for moms that do our class and know the exercises.
Perform each circuit for 60 seconds and repeat for a full 10 minutes.

#1 Cardio Jumprope/Jacks

Pretty simple, yet a great way to warm-up your body.

30 seconds Jumprope

No "real" rope required, just spin your arms and move those feet! Add heels or knees.

30 seconds Jumping Jacks

Arms go ALL the way up.

#2 Reverse Lunge

Focus on keeping your front knee behind your toes.

30 seconds Reverse Lunge

30 seconds Plyo Lunge

By adding "air", you will feel your heart rate increase as you continue to work your quads and glutes . . . land soft.

STRETCH

#3 Pushups

Keep your body straight, abs tight, no booties in the air!

60 seconds

*Modification: If you cannot do pushups on your toes, drop to your knees. Even on your knees, pushups are a great/tough exercise!

#4 Squat & Burp

Now doesn't that sound nice!

30 sec Full Squats

30 sec Burpies OR

Squat Hops

Watch your form! Knees behind your toes & sit back for squats.

It's only 60 seconds and you can do it!

#5 Low Plank

Great for your entire core!

60 seconds

You will be in the plank position on your forearms. Keep your body straight (no booties up) with abs tight. Level 1 can have knees on the floor, level 2 add an alternating hip drop.

REPEAT!

**AND YOU WILL HAVE
A 10 MINUTE WORKOUT
GOOD JOB!!!**

Still motivated?

Then Gimme 20!

Make sure to stretch afterwards.



Reminders: Please do a quick stretch after exercise #2 when your body is warm.

Make sure you move quickly from one exercise to the next . . . no checking your email between exercises! **WORK HARD**, remember it's **ONLY 10** minutes and you can do it! Have water nearby and take a 30 second water break between exercises when needed. Questions? Give us a call at 571-214-MOMS.

Be **MommySTRONG.**

Enjoy the snow and your family!

Mommy Bootcamp