



YOUR **daily workout** routine

Monday

Do 30 minutes of cardio, whether it's biking, walking, hiking, or running stairs. Try doing consecutive intervals—1 minute of walking, 1 minute of jogging, 1 minute of sprinting—to maximize

Tuesday

The abs and obliques are the focus for Wednesday. The routine:

- Crunches (20 reps)
- Bicycle Crunches (20 reps)
- Oblique crunches (20 reps)
- Plank, hold for 30 seconds
- Side plank, hold for 30 seconds on each side

**Repeat this circuit two more times.*

Wednesday

It's all about sculpting the arms. Do the following exercises:

- Bicep Curls (10 reps)
- Triceps Kick-Backs (10 reps)
- Shoulder Presses (10 reps)

**Repeat this circuit two more times.*

Thursday

Focus on the lower body:

- Walking lunges (10 reps on each leg)
- Wall Squat (hold for 30 seconds and build up to 1 minute as you feel more comfortable)
- Calf raises (30 raises with both legs, then 15 on each leg)
- Jump squat, 10 reps

**Repeat this circuit two more times.*

Friday

It's back to Cardio time! Do 30 minutes of any type of Cardio you are in the mood for, and remember to do consecutive intervals to maximize those results!

Saturday

This workout does not require you to exercise on Saturday. But why not turn your normal Saturday events into an exercise? Walk to the post office in town instead of driving. Grab your spouse, dogs, and kids, and go for a walk. Got some cleaning to do? You can turn that into an exercise as well. See below for our spring cleaning workout ideas. You'll be on your way to a fit and tone body in no time.

spring cleaning workout

1

Dust and polish. This can be one of the easiest chores to overlook, but since you're doing a deep cleaning, why not get totally into it?

Burns:
170 calories per hour

2

Change the bedding. Make the bed every morning. For 15 minutes, you've burned enough calories to make up for a half glass of wine.

Burns:
136 calories per hour

3

Clean the bathroom. Sure, scrubbing toilets is no one's idea of a good time, but it doesn't have to be such a chore. Put on some music and get moving.

Burns:
231 calories per hour

4

Tidy up. Add this to your routine every day. Don't worry about being efficient because the more back and forth you walk, the more steps you get in.

Burns:
240 calories per hour

5

Scrub the floor. Get on your hands and knees and use big, broad circular movements and reach under the bed and other hard-to-reach places.

Burns:
258 calories per hour

6

Wash and dry the dishes. Do your dishes by hand, and dry them by hand and put them away, you'll get even more bang for your buck.

Burns:
156 calories per hour

7

Vacuum the floor. Make it more of a workout, put the pressure on your legs. Now is a great time to find out how to best use all those attachments you've been wondering about and get in some lunges in.

Burns:
238 calories per hour

8

Do the laundry. It takes a while to go through several loads and the calories burned do add up.

Burns:
150 calories per hour