

30 DAY CHALLENGE

Seminar 22 Workout

Warm Up (10 Minutes) - repeat set 2 times
(30 second rest between sets)

Jumping Jacks (1 Minute)

Squats (1 Minute)

Rest (30 Seconds)

Russian Twists (1 minute)

Mountain climber (1 minute)

Legs (10 Minutes) - repeat set 2 times (30 second rest between sets)

Squats (1 Minute) - to increase difficulty add weight

Situps (1 Minute)

Rest (30 Seconds)

Plank (1 Minute)

Lunges (1 Minute) - to increase difficulty add weight

Arms (5 Minutes) - complete 1 set

Pushups (1 Minute)

Shoulder Taps (1 Minute)

Rest (30 Seconds)

Crunches (1 Minute)

Tricep Dips (1 Minute)

Cardio (5 Minutes) - complete 1 set

Jumping Jacks (1 Minute)

Mountain Climbers (1 Minute)

Rest (30 Seconds)

High Knees (1 Minute)

Burpees (1 Minute)

Core (5 Minutes) - complete 1 set

Plank (1 Minute)

Crunches (1 Minute)

Rest (30 Seconds)

Russian Twists (1 minute)

Situps (1 Minute)

Full body with core focus - 35 minutes no equipment needed.



MARCH CHALLENGE SEMINAR WORKOUTS

With a buddy/team members choose a seminar workout for each week. Complete the workout 5 days out of 7 each week. Over the four weeks complete all four Seminar workouts.

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