

QUARANTINE WORKOUT PLAN

For each target area, watch a 5-10 minute long YouTube video. For the Yoga session choose a video for as long as you would like your Yoga session to be (20-60 minutes). If you feel the need to take a break between days, please do so (but no cheating)! Goodluck.

| Day | Date | Target area | Done? |
|-----|------|--|-------|
| 1 | | Warm-up + hips + glutes + abs + stretching | |
| 2 | | Warm-up + arms + chest + back + stretching | |
| 3 | | Warm-up + full body cardio or HIIT + stretching | |
| 4 | | Warm-up + legs + glutes + abs + stretching | |
| 5 | | Yoga session | |
| 6 | | Warm-up + hips + glutes + abs + stretching | |
| 7 | | Warm-up + arms + chest + back + stretching | |
| 8 | | Warm-up + full body cardio or HIIT + stretching | |
| 9 | | Warm-up + legs + glutes + abs + stretching | |
| 10 | | Yoga session | |
| 11 | | Warm-up + hips + gWarm-up + hips + glutes + abs + stretching | |
| 12 | | Warm-up + arms + chest + back + stretching | |
| 13 | | Warm-up + full body cardio or HIIT + stretching | |
| 14 | | Warm-up + legs + glutes + abs + stretching | |
| 15 | | Yoga Session | |
| 16 | | Warm-up + hips + glutes + abs + stretching | |
| 17 | | Warm-up + arms + chest + back + stretching | |
| 18 | | Warm-up + full body cardio or HIIT + stretching | |
| 19 | | Warm-up + legs + glutes + abs + stretching | |
| 20 | | Yoga session | |
| 21 | | Warm-up + hips + glutes + abs + stretching | |
| 22 | | Warm-up + arms + chest + back + stretching | |
| 23 | | Warm-up + full body cardio or HIIT + stretching | |
| 24 | | Warm-up + legs + glutes + abs + stretching | |
| 25 | | Yoga session | |
| 26 | | Warm-up + hips + glutes + abs + stretching | |
| 27 | | Warm-up + arms + chest + back + stretching | |
| 28 | | Warm-up + full body cardio or HIIT + stretching | |
| 29 | | Warm-up + legs + glutes + abs + stretching | |
| 30 | | Yoga session | |