

Three Summer Workout Options

Tabata Workout

Tabata Cycle #1 (Repeat 8x before moving to the next cycle)

- 20 seconds of jump squats
- 10 second rest period
- 20 push ups
- 10 second rest period

Tabata Cycle #2

- 20 seconds of walking lunges
- 10 second rest period
- 20 seconds of jumping jacks
- 10 second rest period

Tabata Cycle #3

- 20 seconds of push ups
- 10 second rest period
- 20 seconds of mountain climbers
- 10 second rest period

Tabata Cycle #4

- 20 seconds of skaters
- 10 second rest period
- Hold a plank for 20 seconds
- 10 second rest period

Tabata Cycle #5

- 20 seconds of burpees
- 10 second rest period
- 20 seconds of high knees
- 10 second rest period

Tabata Cycle #6

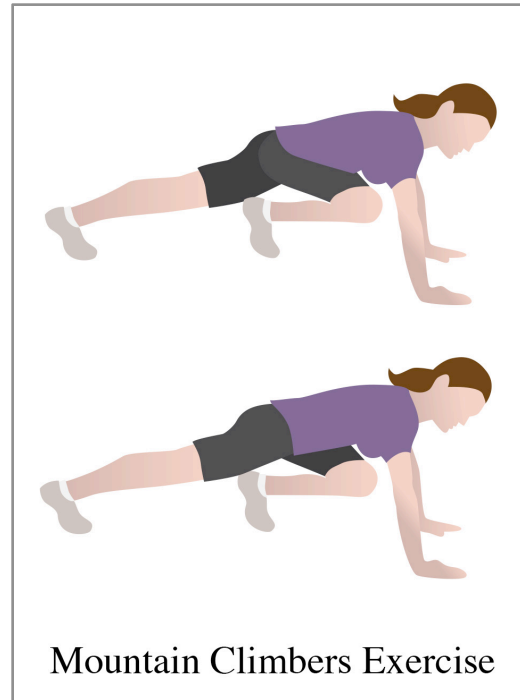
- 20 seconds of jump rope
- 10 second rest period
- 20 seconds of tuck jumps
- 10 second rest period

Tabata Cycle #7

- 20 seconds of lunge jumps
- 10 second rest period
- 20 seconds of dead bug crunches
- 10 second rest period

Tabata Cycle #8

- 20 second of frog jumps
- 10 second rest period
- 20 seconds of front kicks
- 10 second rest period



Mountain Climbers Exercise

Bicep and Tricep Workout

Dumbbell Workout

Do 12-15 repetitions of each.

- Squat with an overhead press
- Bicep curl with a curtsy lunge
- Overhead tricep press with calf raises
- Forearm plank to a fully extended plank
- Lateral arm raises with a side squat

Resistance Tube Workout

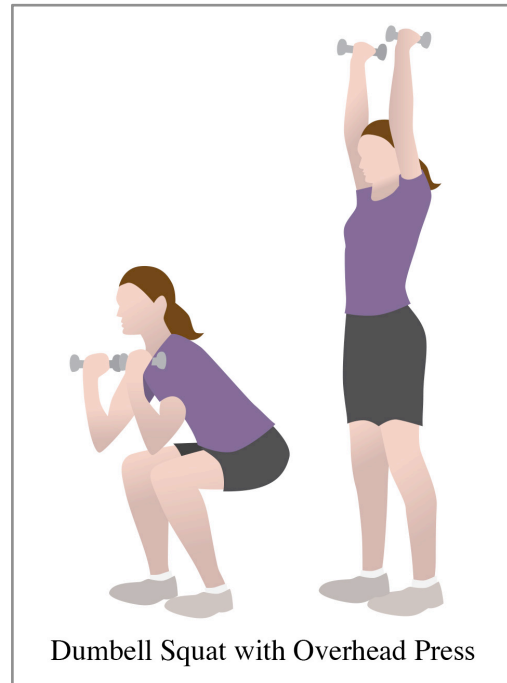
Control the intensity of the band by lengthening or shortening it.

- Bicep curl standing on one leg
- Concentration curl in a forward lunge position
- Overhead tricep press with a squat
- Tricep kickbacks in a forward lunge position

Yoga

For toning the arms; flow from one pose to the next, holding each move for 5 breaths.

- Plank pose
- Downward dog
- Knee up plank
- Dolphin with one leg lift
- Four limbed staff



Dumbbell Squat with Overhead Press

Aquatic Intervals

An interval training aquatic workout should include a five to seven minute warm-up followed by about three minutes of moderate intensity exercise. Then go all-out for about one minute before returning to moderate. Repeat the entire cycle two to three times.

- Jumping jacks at moderate intensity for 3 minutes
- Jumping jacks at high intensity for 1 minute
- Jogging at moderate intensity for 3 minutes
- Jogging at high intensity for 1 minute
- Split jumps (start with legs together, jump up bringing right leg forward and left back, repeat) at moderate intensity for 3 minutes
- Split jumps at high intensity for 1 minute
- Tuck jumps (jump forwards and backwards as if jumping over a barrel) at moderate intensity for 3 minutes
- Tuck jumps at high intensity for 1 minute