

# Home Work Out Cheat Sheet

1 Exercise routine every day  
Alternates between Core | Leg | Arm | Stretch

## Day 1 | CORE

15 minutes - 25 reps per move

- Exercise #1: In and Outs
- Exercise #2: Bicycles
- Exercise #3: Reverse Bicycles
- Exercise #4: Crunchy Frog
- Exercise #5: Wide Leg Sit Ups
- Exercise #6: Fifer Scissor
- Exercise #7: Hip Rock 'n Raise
- Exercise #8: Pulse Up
- Exercise #9: V-up/Roll-up Combo
- Exercise #10: Oblique V-up
- Exercise #11: Leg Climb
- Exercise #12: Mason Twist

## Day 2 | LEGS

15 minutes - 25 reps per move

- Exercise #1: Squats
- Exercise #2: Lunges
- Exercise #3: Sumo Squats
- Exercise #4: Calf Raises
- Exercise #5: Step-Ups
- Exercise #6: Box Jumps
- Exercise #7: Reverse Lunge
- Exercise #8: Wall Sits
- Exercise #9: Reverse Table Kicks
- Exercise #10: Glute Bridge
- Exercise #11: Heel Slides
- Exercise #12: Single-Leg Hip Thrusts

## Day 3 | ARMS

15 minutes - 25 reps per move

- Exercise #1: Push-ups
- Exercise #2: Tricep Dips
- Exercise #3: Side Plank Arm Extension
- Exercise #4: Supermans
- Exercise #5: Inchworm
- Exercise #6: Plank Tap
- Exercise #7: Forearm Plank Tap
- Exercise #8: Plank Up Down
- Exercise #9: Lateral Plank Walk
- Exercise #10: Body Saw
- Exercise #11: Plank Jack
- Exercise #12: Burpees

## Day 4 | STRETCH

15 minutes - 2 breaths per move

- Exercise #1: Table Top
- Exercise #2: Down Dog
- Exercise #3: Sun Salutation
- Exercise #4: Low Lunge twist
- Exercise #5: Sun Salutation
- Exercise #6: Warrior 2
- Exercise #7: Sun Salutation
- Exercise #8: Warrior 3
- Exercise #9: Sun Salutation
- Exercise #10: Squat Pose
- Exercise #11: Bow Pose
- Exercise #12: Child's Pose

OPTIONAL: Rest Day on the 5th Day  
OPTIONAL: Add on 10,000 Steps a Day

# How To Use Home Workout For Moms

**David Baud**



## **How To Use Home Workout For Moms:**

## Whispering the Secrets of Language: An Emotional Quest through **How To Use Home Workout For Moms**

In a digitally-driven world where monitors reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases frequently go unheard. However, set within the pages of **How To Use Home Workout For Moms** a charming literary treasure pulsating with fresh thoughts, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, this charming opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the very fabric of each and every word. Within the mental depths of this poignant evaluation, we shall embark upon a genuine exploration of the book's key subjects, dissect their interesting publishing fashion, and succumb to the powerful resonance it evokes heavily within the recesses of readers' hearts.

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