

## At Home Workouts: No Equipment Needed

### 60/30 – WELL WITH WELCOA #1 WORKOUT

*Instructions: Complete each exercise for the allotted amount and then move to the next exercise with no rest. Repeat each set twice with a minute of rest in between.*

#### **Set 1 – 2x through = 6 minutes total**

- 60 secs – lunge walks
- 30 secs – jumping jacks
- 60 secs – squats into chair
- 30 secs – dips off chair

#### **Set 2 – 2x through = 6 minutes total**

- 60 secs – star planks raising alternate hands
- 30 secs – squat jumps (in & out)
- 60 secs – arm circles in sumo squat position
- 30 secs – mountain climbers off chair