

THE BETTER THAN NOTHING WORKOUT

Do each exercise for 30 seconds, breathe for 10 seconds.

EXERCISE 1

Jumping Jacks

EXERCISE 2

Wall Sit

EXERCISE 3

Push Ups

EXERCISE 4

Crunches

EXERCISE 5

Chair Step Ups

EXERCISE 6

Squats

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Do each exercise for 30 seconds, breathe for 10 seconds.

EXERCISE 7

Tricep Dips

EXERCISE 8

Plank

EXERCISE 9

High Knees

EXERCISE 10

Lunges

EXERCISE 11

Push Ups

EXERCISE 12

Right & Left Planks