



# HOME WORKOUT

## ADVANCED



While being home during these times can be disheartening, there are ways to help beat those blues! Exercise has been proven to help boost moods, improve productivity and brain activity. Try this advanced workout to motivate and re-energize your daily routine.

### 3 Rounds

#### Squats + Push-ups



25 REPS

10 REPS

#### Sit-ups + Squats



30 REPS

10 REPS

#### Jumping Jacks + Sit-ups



50 REPS

10 REPS

#### Lunges + Jumping Jacks



20 REPS

10 REPS

#### Push-ups + Lunges



20 REPS

10 REPS