



THE MUM GYM

May Workouts

# Ensure you always warm-up

Remember! - SLOW IT DOWN! EVEN SLOWER!!!

## Day 1

Lower Body, do 10 of each exercise. (AIM FOR 4 ROUNDS)

Right leg inverted hinge (slow)

Left leg inverted hinge (slow)

Deadlift and overhead push

Alternative lunge x 20

Squat combo - narrow x10 normal x 10 wide x 10

## Finisher

20 secs on / 10 secs off

4 rounds

Mountain climbers

Sumo to toes

## Day 2

Upper Body, do 10 of each exercise. (AIM FOR 4 ROUNDS)

Right arm overhead push

Left arm overhead push

Tricep rows (x 10 each side)

Bicep curls with stick

Elevated push up

## Finisher

20 secs on / 10 secs off

4 rounds

high knees

squats to tippy toes

## Day 3

Total Body Blast - set a timer - 30 secs on / 15 secs off. 6 rounds

Skaters

High knees

Mountain climbers

Squat and squat pulse

Wall squat

Pull apart

## Finisher!

Drink water you are done!!