

# Workout 1



3-5 minutes warmup,  
**stationary bike**

One set of **squats**



One set of **pushups**



One set of **pullups**



One set of **step-ups**

**Plank** for 45 seconds



Repeat three to five times

# Workout 2

3-5 minutes warmup,  
**rowing machine**



60 seconds **jump rope**

20 seconds **side plank**  
on each side

5 **burpees**



Repeat three to five times