

5 Day Reset Challenge

Workouts

DAY ONE

MONDAY

Perform 10 reps of each exercise. Repeat for a total of 2 rounds.

1) Body Weight Squat

2) Reverse Lunge, with Forward Kick

3) Push-up

4) Leg Raises

5) Bicycle Crunches

6) Plank Shoulder Tap

7) Speed Skaters

Complete 5 Minutes of Cardio Post Resistance Training.

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DAY TWO

TUESDAY

Cardio Challenge:

30 minutes of cardio, your choice!

PLUS, 5 Minutes Post Cardio Stretching.

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DAY THREE

WEDNESDAY

Perform 10 reps of each exercise. Repeat for a total of 2 rounds.

1) Body Weight Squat

2) Reverse Lunge, with Forward Kick

3) Push-up

4) Leg Raises

5) Bicycle Crunches

6) Plank Shoulder Tap

7) Speed Skaters

Complete 10 Minutes of Cardio Post Resistance Training.

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DAY FOUR

THURSDAY

Cardio Challenge:

30 minutes of cardio, your choice!

PLUS, 5 Minutes Post Cardio Stretching.

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DAY FIVE

FRIDAY

Perform 10 reps of each exercise. Repeat for a total of 3 rounds.

1) Body Weight Squat

2) Reverse Lunge, with Forward Kick

3) Push-up

4) Leg Raises

5) Bicycle Crunches

6) Plank Shoulder Tap

7) Speed Skaters

Complete 15 Minutes of Cardio Post Resistance Training.