

15 Minute Easy Day Workout

You can do this workout on your active rest days. Or on the days you don't feel particularly well but still want to work out. This one is easy, it does not really raise your heart rate too much, but still keeps your muscles engaged and working.

Instructions:

This is the only workout you don't really need to warm up for (unless you really want to). Because the movements here are slow and gentle. So I will leave this up to you.

It consists of 15 exercises that you will do for 60 seconds each and then transition to the next one.

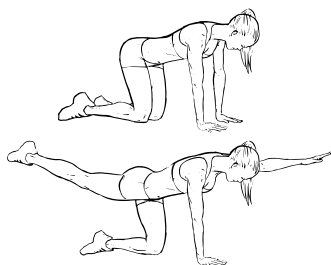
Exercises in this workout:

- Bird Dogs
- Lateral Lounges
- Calf Raises
- Squats with pulses
- Tricep Dips
- Clams
- Donkey Kicks
- Abductor/Adductor Knee Raises
- Bridges
- Static Push Up Hold
- Lying Side Leg Lifts
- Plank
- Static Squat Hold
- Windshield Wipers
- Corpse Pose

15 Minute Easy Day Workout

Abs, Arms, Back, Chest, Legs

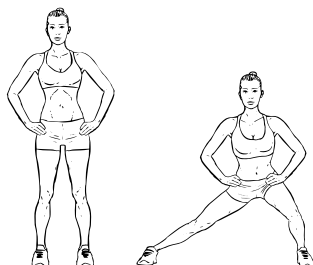
Bird Dogs / Alternating Reach & Kickbacks



1 sets 60 secs

Do 5 pulses on one side then switch

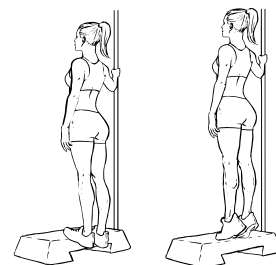
Bodyweight Side Steps / Lateral Lunges



1 sets 60 secs

Do 5 pulses on one side then switch

Bodyweight Calf Raises



1 sets 60 secs

the first 30 seconds go slow then speed it up

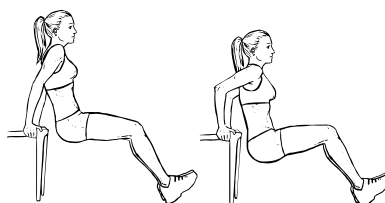
Bodyweight Squats



1 sets 60 secs

Squat low and pulse 10 times then stand up, repeat

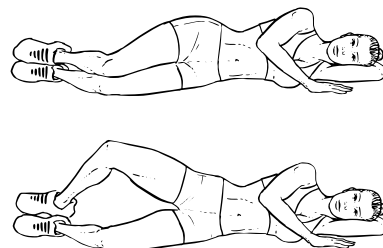
Chair / Bench Tricep Dips



1 sets 60 secs

Pulse 5 times at 90 degrees bent, then straighten arms, repeat

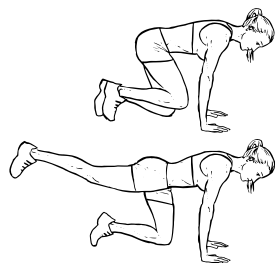
Clamshells / Clams



1 sets 60 secs

Pulse 5 times then close, repeat

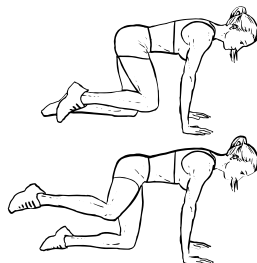
Donkey Kicks



1 sets 60 secs

Pulse 5 times, switch sides, repeat

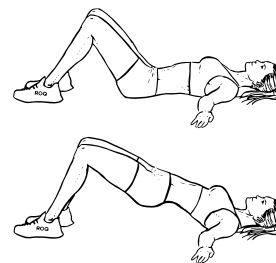
Fire Hydrants / Abductor / Adductor Knee Raises



1 sets 60 secs

Pulse 5 times, switch sides, repeat

Hip Raises / Butt Lift / Bridges



1 sets 60 secs

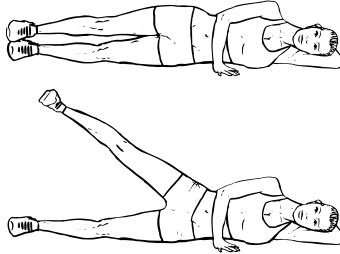
Pulse 5 times, then lower

Static Push-up / Pushup Hold



1 sets 60 secs

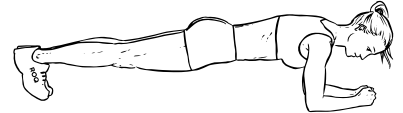
Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors



1 sets 60 secs

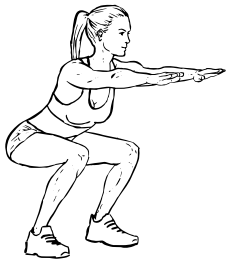
Pulse 5 times at middle height then raise all the way, then repeat for 30 seconds, then switch sides

Plank



1 sets 60 secs

Static Squat Hold



1 sets 60 secs

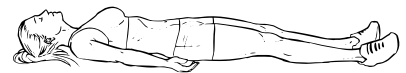
Can hold with back against the wall, or just squat and hold

Windshield Wipers



1 sets 60 secs

Supine Lying Down Position / Corpse Pose



1 sets 60 secs

Just lay down, close your eyes and relax. You deserve it!