

TINY FITNESS HOME WORKOUTS - MAY

Looking to up your burn? Try adding 10-20 jumping jacks (or similar) between each set of strength moves.

30 REST DAY	1 WORKOUT WEDNESDAY #3 OR 3 SETS OF 10-20 PUSH-UPS	2 WORKOUT WEDNESDAY #5 OR 3 X 25 SEC SIDE PLANK (EACH SIDE)	3 CARDIO: 30-60 MINUTES OF MODERATELY CHALLENGING ACTIVITY	4 REST DAY	5 WORKOUT WEDNESDAY #2 OR 2 X 12 LUNGES PER LEG 3 X 12 SQUATS	6 CARDIO: 21 MINUTES OF INTERVALS (TRY 1 MIN OF WORK / 2 MIN RECOVERY)
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Use your rest day to check in on your nutrition. Do you need a new recipe? A trip to the store?

7 REST DAY	8 WORKOUT WEDNESDAY #12 OR 3 SETS OF 10-20 PUSH-UPS	9 WORKOUT WEDNESDAY #9 OR 3 X 10 V-SITS	10 CARDIO: 60 MINUTES OF EASY ACTIVITY	11 REST DAY	12 WORKOUT WEDNESDAY #7 OR 3 X 10 PLIE SQUATS 2 MIN WALKING LUNGES	13 CARDIO: 15 MINUTES OF INTERVALS (TRY 20 SEC OF WORK / 10 SEC RECOVERY)
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Remember that you can rearrange these workouts however you need to for your schedule and level.

14 REST DAY	15 WORKOUT WEDNESDAY #3 OR 3 SETS OF 10-20 PUSH-UPS	16 WORKOUT WEDNESDAY #6 OR 5 X 30 SEC PLANK	17 CARDIO: 30-60 MINUTES OF MODERATELY CHALLENGING ACTIVITY	18 REST DAY	19 WORKOUT WEDNESDAY #2 OR 2 X 12 LUNGES PER LEG 3 X 12 SQUATS	20 CARDIO: 21 MINUTES OF INTERVALS (TRY 1 MIN OF WORK / 2 MIN RECOVERY)
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Congratulations - you finished the whole month! How did you do?

21 REST DAY	22 WORKOUT WEDNESDAY #8 OR 3 SETS OF 10-20 PUSH-UPS	23 WORKOUT WEDNESDAY #4 OR 3 X 15 BICYCLE CRUNCHES	24 CARDIO: 60 MINUTES OF EASY ACTIVITY	25 REST DAY	26 WORKOUT WEDNESDAY #10 OR 3 X 20 FLOOR BRIDGES	27 CARDIO: WORKOUT WEDNESDAY #12 OR CARDIO: 15 MINUTES OF INTERVALS (TRY 20 SEC OF WORK / 10 SEC RECOVERY)
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IMPORTANT NOTES:

Work at your own pace and fitness level, and always consult your physician before modifying your exercise program. This fitness challenge is intended to inspire, not to injure! Participate solely at your own risk.

Rearrange the workouts for each week to fit *your* schedule - but do your best to finish them all! **If you finished last month's calendar, try adding 5 reps to each workout this month.**

Get the online workout videos at tinyfitnesshouston.com/Wednesday and in our [Tiny Fitness Facebook group](#) (where you can also ask questions, get tips and intermediate/advanced modifications for these workouts, and share your big results!).

