

AT-HOME WORKOUT

plan

By Lisa Curry

This workout program has been designed in such a way that anyone can do it. It can help build muscle, endurance and stability, which will help your health and fitness in the long-term. Remember to warm-up and cool-down at the beginning and at the end of your workout.

There is no magic number to determine your success, but the one you set for yourself. Every day, aim for an extra second of planking, or an extra one or two push-ups. Focus on your technique not your speed. It's better to do three perfectly formed slow lunges than 10 quick ones.

BALANCE



SQUATS



ABS



PUSH-UPS



LUNGES



WALL SIT-UPS



PLANKING



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