

the **Wallet Workout**

Complete this fat blasting, full-body workout anywhere, anytime. It's fast, effective and very convenient. Keep this card in your wallet for a spontaneous workout!

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Jumping Jacks (cardio) 30 seconds

Jump legs out raising arms, then jump legs in while lowering arms.

Alternating lunges (strength) 20-30 reps

Step one foot forward, bending both legs until front quad is parallel with floor. Push off front leg and return to start position. Repeat with other leg.

Mountain Climbers (cardio/strength) 30 seconds

Get into plank position on the floor. Bend one knee and bring it to your chest. While returning that knee back to the start, bring opposite knee in, alternating quickly.

Pushups (strength) 10-15 reps

Modified – On your hands and knees, pivot body forward placing hands below shoulders. Bend elbows and lower body to floor. Return to start.

Advanced – Get in a plank position. Lower body close to ground keeping body straight. Return to start and repeat.

Jump Squats (cardio/strength) 10-15 reps

Feet shoulder width apart, squat down, jump high and return to squat, keeping slight bend in knees. Raise your arms as you jump.

Walkouts (strength) 10 reps

From standing, bend over keeping legs straight. Touch floor, walk hands out in front to plank position, walk hands back to start keeping legs straight and return to standing.

Tricep dips (strength) 10 reps

Place hands on the edge of a chair or stair. Extend legs in front and dig heels into floor. Keep arms close to body and lower down until elbows are bent. Use arms to push back to start. Keep legs bent to modify.

Leg lowers (core strength) 10 reps

Lying on floor, extend legs straight out, put hands under glutes. Raise legs straight up and then lower them back down, ensuring feet don't touch the ground.

Rest for 1 minute. Repeat circuit 2-3 times.

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