

Brianne Hogan's At Home Arms & Abs Workout (Beginners)

After your warm up, perform each four-exercise in Circuit One once **before** moving onto Circuit Two. Complete Circuit Two, and then repeat both circuits twice. Don't forget to rest for 5-10 seconds after each exercise! After you've completed both circuits three times, **complete Ab Series** only once through, then Cool Down with 5 minutes of stretching.

Warm Up

- High Knees – 20 reps
- Shoulder Rolls – 30 reps (15x each direction)
- Arm Circles – 30 reps (15x each direction)
 - Jumping Jacks – 20 reps
 - Torso Twists – 20 reps

Circuit One

Mountain Climbers
10 reps

Walkouts
5 reps

Push Ups
10 reps

Back Extensions on Floor
10 reps

-Rest- for 30 seconds –

Circuit Two

Burpees
5 reps

Shoulder Taps
10 reps

Tricep Dips on Floor
10 reps

Incline Push Up
10 reps

Rest- for 30-60 seconds

Complete Workout 3x

Abs Series

Crunch and Hold – 20 reps

Russian Twist – 20 reps (10x on each side)

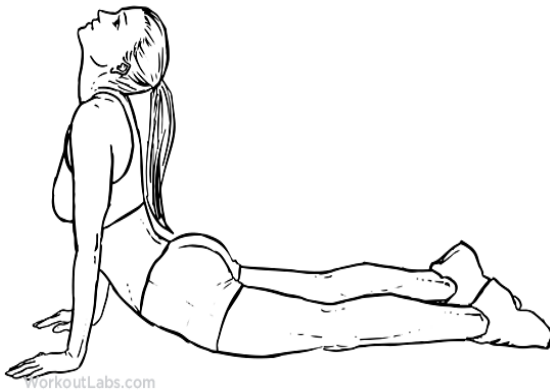
Toe Touches – 20 reps

Lying Leg Raises – 10 reps

Plank – hold for 30 seconds

Stretching – Hold each stretch for 30 seconds (You shouldn't feel ANY pain. If you do, STOP!)

Cobra Stretch



Cat Stretch



Downward Dog



Chest Stretch

Bicep Stretch – Repeat on each arm



Upper Back Stretch

Shoulder Stretch – Repeat on each arm



