

“Tired Mommy” Workout

Some days working out is not on our kid's agenda. And other days (let's be real - most days) we are exhausted and working out just doesn't feel like a priority. On those days, go for this “Tired Mommy” workout. We've done the thinking for you so all you have to do is start. Remember: every day counts!

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Complete each exercise for 45 seconds and rest for 15 seconds before starting your next exercise. Feeling low energy? Complete one circuit. Feeling good? Go for both circuits!

Equipment needed: You!

Circuit 1

Bodyweight squats

Wall push-ups

Glute bridge

Crawl to Downward Dog

Circuit 2

Wall sit

Cat & Cow

Supermans

Dead bug

