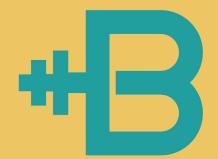
## "Tired Mommy" Workout

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!



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