

# SWEAT WORKOUT

**JOG** for 30-60 seconds between each exercise.

Jog in place if space is limited.

**S:** Superman 10x

Lie on your belly and raise your legs and upper body off of the floor to “fly” like superman.

**W:** Walking Lunges 20 steps

Lunge in place if space is limited.

**E:** Elbows & Knees 20 total

Put your hands behind your head. Raise your right knee and twist your upper body to bring your right knee to meet your left elbow. Repeat on the opposite side.

**A:** Alpha-Jacks

One jumping jack for each letter of the alphabet.

**T:** Toe Touches 20 touches

Lie on your back and raise your legs and arms to the sky. Use your upper body to reach your fingers and touch your toes 20 times.

**REST** for 30-60 seconds after you finish S.W.E.A.T.

Then, start back at the **JOG** and **REPEAT** the workout. Keep it going for 20-30 minutes or until you spell S.W.E.A.T. 4 times through!

**HAVE FUN!!**