WOW
Workout on Weights

1. Leap Frog:  Stand facing a towel or something to jump over. With your feet hip-width apart, bend slightly at your knees and jump up over the prop. Land quietly, letting your heels hit first and bending your knees as you land. Turn around and jump back to the other side. Continue for 1 minute.

2. Burpie Pushup:  With your feet hip-width apart, squat, lean forward, and put both hands on the ground. Jump your feet back into plank position and straighten your arms. Brace your abs and do a pushup. Jump back into a squat, then stand. That’s one rep. Continue for 1 minute.

3. Sumo Squat Leg Raise:  Position your legs wider than shoulder width apart with toes pointed forward, then squat until your thighs are nearly parallel to the floor. Stand up, straightening your left leg as you lift your right leg straight out to the side. Balance on your left leg for one second, then return to start. Do 12 to 15 reps, then repeat on the other side. That's one set.

4. Plan with Front Raise:  Get in plank position with your hands directly below your shoulders. Brace your abs, and keeping your left arm straight, raise it in front of you to shoulder height (B). Return to plank, then repeat with your right arm. That's one rep; do 12 to 15. Complete three sets, resting for 30 seconds between sets.

5. Triceps Dip and Reach:  Sit on a chair with your knees slightly bent and your bottom as close as to the edge of the chair as you can. Grab the edge of the chair with your hands slightly more than hip-width apart. Push your heels into the floor as you straighten your arms. Perform a dip. Straighten your arms, then reach your left arm straight out in front of your body at shoulder height while lifting your right leg. Hold for a few seconds, then repeat, lifting the opposite arm and leg. That’s one rep.

6. Climb the Mountain:  Get into plank position with your hands shoulder-width apart on the edge of a chair. Step forward to the front of the chair with your right foot, keeping your left leg straight and your right thigh parallel to the floor (B). With your hands on the chair, jump, switch legs in the air, and land with your right leg straight behind you and your left leg bent. Continue hopping to switch legs for one minute. That’s one set.

7. Plank Row and Leg Lift:  Place your hands shoulder-width apart on the edge of a chair. Get in plank position with your hands on the chair. In one motion, lift the right hand until your elbow passes your torso and raise your left leg to hip height (B). Lower and repeat with the opposite arm and leg. That’s one rep.

8. Chair Pose Squat:  Stand with your feet hip-distance apart and your arms at your sides. Squat until your thighs are parallel to the floor. Keeping your arms straight, bring them forward and up until your upper arms are in line with your ears. Return to standing, then lift your right knee to hip height as you sweep your arms down across your body until the back of your left hand is outside your right knee. Return to standing and repeat on the other side. That's one rep. Do three sets of 12 to 15 reps, resting for 30 seconds between sets.

9. Rock ‘n Roll Core:  Get in plank position with your forearms flat on the floor and your palms down. Keeping your hands in place and using your feet as the pivot point, twist your body to the left as far as possible without losing your balance. Repeat to the right. That's one rep.

10. One Leg Squat Floor Reach and Press:  Stand with your feet hip-width apart and your arms at your sides. Bend your left knee, lifting your foot behind you. Squat down and raise your right arm out to the side to shoulder height, then reach your left hand down across your body, touching the floor outside your right toes. Stand up as you lift your left hand toward the ceiling, lower your right arm to your side, and raise your left thigh to hip level in front of you. Lower your left leg and repeat on the other side. That's one rep. Do 12 to 15 for a set.

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