

## At Home Workouts - 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HIIT Workout  <a href="https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-1">https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-1</a></p>	<p>10 Push-Ups            10 Burpees            10 Bicep Curls-(soup cans)            20 Ab Twists            Repeat three times            Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>HIIT Workout  <a href="https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-2">https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-2</a></p>	<p>10 Tricep Dips            10 Jumping Jacks            10 Squats            30 second Plank            Repeat three times            Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p><a href="https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-3">https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-3</a></p>
<p>Go for a 30 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>Go for a 30 minute bike ride if you are allowed or on a treadmill if you have one.</p>	<p>Go for a 30 minute walk if you are allowed or on a treadmill/exercise bike if you have one.</p>	<p>Go for a 30 minute bike ride if you are allowed or on a treadmill if you have one.</p>	<p>Go for a 30 minute walk if you are allowed or on a treadmill if you have one.</p>
<p>HIIT Workout  <a href="https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-4">https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-4</a></p>	<p>10 Push-Ups            10 Burpees            10 Bicep Curls-(soup cans)            20 Ab Twists            Repeat three times            Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>HIIT Workout  <a href="https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-5">https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-5</a></p>	<p>10 Tricep Dips            10 Jumping Jacks            10 Squats            30 second Plank            Repeat three times            Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<ul style="list-style-type: none"> <li>• <a href="#">Would you Rather Workout Video</a></li> </ul>
<p>HIIT Workout:</p>	<p>10 Push-Ups</p>	<p>HIIT Workout:</p>	<p>10 Tricep Dips</p>	<p>HIIT Workout:</p>

<a href="https://www.fitnessblender.com/videos/day-1-fitness-blenders-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle">https://www.fitnessblender.com/videos/day-1-fitness-blenders-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle</a>	10 Burpees 10 Bicep Curls-(soup cans) 20 Ab Twists Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.	<a href="https://www.fitnessblender.com/videos/day-2-fitness-blenders-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle">https://www.fitnessblender.com/videos/day-2-fitness-blenders-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle</a>	10 Jumping Jacks 10 Squats 30 second Plank Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.	<a href="https://www.fitnessblender.com/videos/day-3-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle-hiit-cardio-and-abs">https://www.fitnessblender.com/videos/day-3-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle-hiit-cardio-and-abs</a>
<a href="https://www.fitnessblender.com/videos/day-4-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle-kickboxing-and-yoga-workout">https://www.fitnessblender.com/videos/day-4-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle-kickboxing-and-yoga-workout</a>	10 Push-Ups 10 Burpees 10 Bicep Curls-(soup cans) 20 Ab Twists Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.	<a href="https://www.fitnessblender.com/videos/day-5-hiit-cardio-butt-and-thigh-workout-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle">https://www.fitnessblender.com/videos/day-5-hiit-cardio-butt-and-thigh-workout-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle</a>	10 Tricep Dips 10 Jumping Jacks 10 Squats 30 second Plank Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.	<ul style="list-style-type: none"> <li>• <a href="#">Would you Rather Workout Video</a></li> </ul>