



3 easy workouts for busy moms

including:
mommy & me workout
stroller workout
15 minute no equipment workout

@thesingingant_kids

MOMMY & ME WORKOUT

for busy moms

#1 chase your toddler



#2 squat, hold & high five your toddler, stand up and repeat

1

min.

each

#3 plank, stay and high-five your toddler

#4 squat with your toddler on your back, repeat

#5 swing your toddler like a kettle-bell



3

rounds

#6 squat, make 3 hops like a monkey to the right together, stand up, repeat

#7 hip bridges with your toddlers weight

#8 3 wide-legged forward bend jumps together like a gorilla, repeat



30

min.

total

#9 fly like superman on the floor

#10 chase your toddler again

STROLLER WORKOUT

for busy moms

1

20 walking
lunges

2

15 standing
leg lifts
left leg

5

plank + 10
hand taps
with your
child

4

20 squats

3

15 standing
leg lifts
right leg

7

10 burpees

6

20 calf raises

FAST WORK-OUT

for busy moms

@home, no equipment, 15 minutes

- 1 20 jumping jacks**
- 2 20 lunges**
- 3 20 squats**
- 4 60 sec. plank**
- 5 30 sec. running in place**
- 6 10 push-ups**