

# 30 MINS BEDSIDE WORKOUT

## JUMPING ROPE 12 MINS

\*TRY TO REPET THIS CIRCLE TWICE OR EVEN MORE



### 1. Basic Step

- Focus on using your wrists to flick the jumping rope.
- Take tiny hops and keep your arms stationary.

Jump Count: 50



### 2. Boxer Step x50

- Take tiny side hops.
- When hopping to the right, your right foot should land at first, loading up most of your weight.
- Then, tap with your left foot.

Jump count: 50



### 3. Side To Side

- *Jump only a few inches from side to side.*
- *Keep your upper body in a relatively fixed position while your lower body moves back and forth.*

*Jump count: 50*

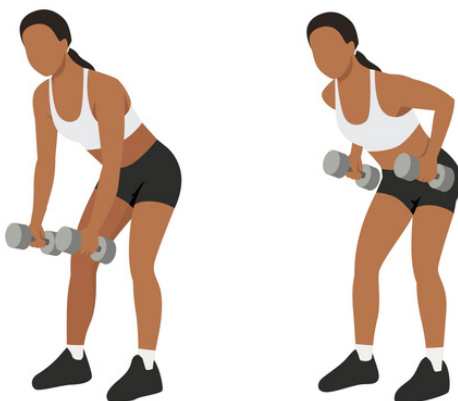


### 4. Jumping Jack

- *Associate the jumping jacks with the jumping rope.*
- *Control your wrists to make the rope hit the ground before your feet step on it.*

*Jump count: 50*

## WEIGHT SESSION 12 MINS

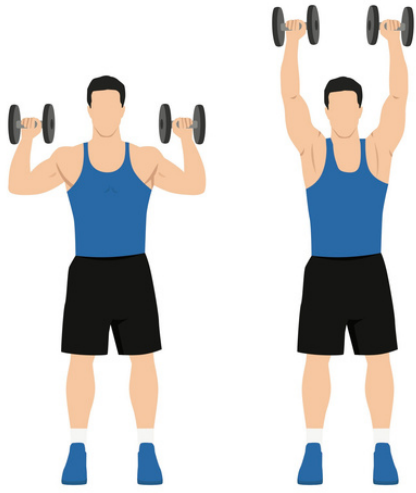


### 1. Bent Over Dumbbell Row

*Target: Upper and lower back*

- *Bend forward at about a 45-degree angle and have your knees slightly bent.*
- *Pull the dumbbells up to your last rib while keeping the back straight.*
- *Hold for a second, then lower the dumbbells to the starting position with control.*

*10 reps to failure x 2 sets*

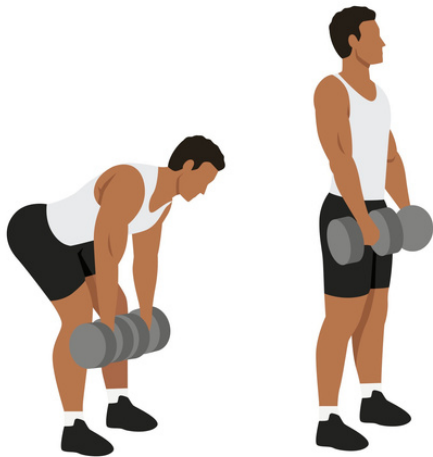


## 2. Standing Dumbbell Shoulder Press

*Target: Shoulders and arms*

- Hold dumbbells in your hands at the shoulders.
- Raise the dumbbells above the head until your arms are fully extended.
- Hold for a second, then lower the dumbbells to the starting position with control.

10 reps to failure x 2 sets



## 3. Dumbbell Deadlift

*Target: Glutes and hamstrings*

- Stand with your knees slightly bent and hold the dumbbells in front of you.
- Lower your hips slightly to hinge at the level of your hips. Pause when your torso is almost parallel with the floor.
- Return to standing while keeping your back neutral and the dumbbells close to your body.

10 reps to failure x 2 sets

# STRETCHING MOVES 6 MINS



## 1. Across-the-chest Stretch

*Target: Shoulders*

- Bring your right arm straight across the body.
- Hook the left forearm under the right arm and pull the right arm further.
- Hold this for up to 1 minute, then repeat the movement on the other side.

1 rep x 2 sides

## 2. Standing Hamstring Scoop

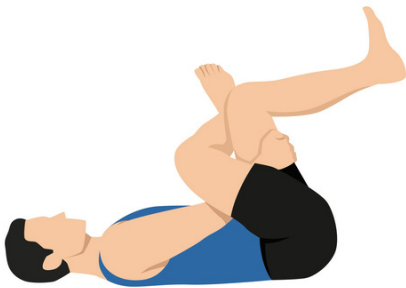


*Target: Hamstrings*

- *Standing with your feet hip-width apart, extend your right leg forward to have your heel hit the ground.*
- *Bend your left knee and reach your arms toward the right foot to stretch the right hamstring.*
- *Hold it for 10 seconds. Switch to the other side and repeat 3 times on both sides.*

*3 reps x 2 sides*

## 3. Lying Glutes Stretch

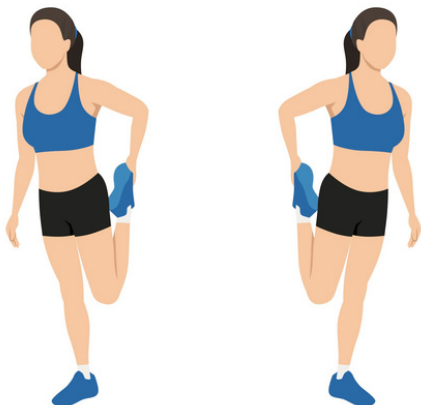


*Target: Glutes*

- *Lie flat with face up and bend the knees.*
- *Cross right ankle over the left knee. Then gently pull the left leg toward your torso by the hands behind the left thigh, to stretch the glutes on the right side.*
- *Hold this for up to 1 minute, then repeat the movement on the other side.*

*1 rep x 2 sides*

## 4. Standing Quad Stretch



*Target: Quads*

- *Stand with your feet hip-width apart and bend your right leg behind.*
- *Grab your right foot with your right hand and pull your right heel towards your hip by hand while keeping your knees close together.*
- *Hold this for up to 1 minute, then repeat the movement on the other side.*

*1 rep x 2 sides*