

# HONEY WE'RE HEALTHY

## 30-DAY FITNESS CHALLENGE

#HWHFitnessChallenge

HONEYWEREHOME.COM

### 20 MINUTE BENCH WORKOUT

Use a bench or step (even stairs inside or out will work). The higher the step, the harder the workout.

#### SET #1 (2X)

##### **20 ALTERNATING STEP UPS**

*(alternating stepping up with the right and left foot)*

##### **20 INCLINE PUSHUPS** *(hands on bench, feet on ground)*

#### SET #2 (2X)

##### **15 ELEVATED LUNGES (RIGHT LEG)**

##### **15 ELEVATED LUNGES (LEFT LEG)**

*(place foot on bench behind you, front leg is at 90 degrees and knee doesn't go past your toe when you lower down)*

##### **15 DECLINE PUSHUPS**

*(hands on ground, feet on bench)*

#### SET #3 (2X)

##### **1 TRICEP PUSHUP & 4 MOUNTAIN CLIMBERS (15X)**

##### **20 DECLINE PLANK TWISTS**

*(decline push up position, alternate twisting each knee under your body pulling it towards the opposite elbow. If too difficult, do it on the ground)*

#### SET #4 (2X)

##### **15 SQUATS WITH HIP ABDUCTION (RIGHT LEG)**

*(start in squat position with right foot on bench and left foot on the floor. As you stand up, bring left leg out to the side. Lower back into squat position and repeat)*

##### **25 SEATED TRICEP DIPS**

*(keep hips close to bench, shoulders rolled back and arms just bend to 90 degrees and not past that)*

##### **15 SQUATS WITH HIP ABDUCTION (LEFT LEG)**