

Work Out All Day

from Brian Holland



This workout plan calls for four sets of five exercises. Each set will take only about 10-15 minutes. Instead of doing it all at once, perform each set at a different time of the day. Pick your hours so that they match up with your daily timeline, but here are my general suggestions.

SET 1: FIRST THINGS FIRST

Perform set one before your morning coffee and breakfast. If you are an individual who prefers not to workout on an empty stomach, have breakfast then work out. Either way, set one is to be done in the morning.

SET 2: KEEP THE BALL ROLLING

You've been working hard homeschooling the kids or doing zoom conference calls all morning, but now it is time for lunch. Before you eat, perform set number two.

SET 3: DAY TWO PRODUCTIVITY

Set yourself a timer so that you don't forget set three. Whatever you're doing, from working on your computer, to working with the kids, to binge watching a show, get up from your seat to perform set number three.

SET 4: FINISH STRONG

The sun is down for its nightly rest and the moon takes charge of the sky. Your bed is calling to you to lie down for the night. You've earned it, three tough sets of exercise and at least two healthy meals if not three. Now is the time for your fourth and final set of exercises. Finish the day as strongly as you began it.

For each set throughout the day, choose five exercises that make you feel empowered and strong. Here are the five that I suggest using, though please feel free to make adjustments to your list of exercises so that they fit you..

EXERCISE	REPS/DURATION
Push Ups	10-15 reps
Squats	20-100 reps
Lunges	10-15 reps per side
Plank	1-3 minutes
Glute Bridges	20-100 reps