

7-Day Quick-Start Guide: Easy Workouts for Busy Moms

Day 1: Full-Body Wake-Up (5 minutes)

- 30 seconds Jumping Jacks
- 30 seconds Bodyweight Squats
- 30 seconds Push-ups (on knees if needed)
- 30 seconds Lunges (15 sec per leg)
- 30-second Plank
- Repeat once if time allows!

Day 2: Chore-Time Burn (Multitasking Workout)

- Squat while folding laundry (10 reps)
- Calf raises while washing dishes (20 reps)
- Wall push-ups while waiting for food to cook (15 reps)
- Dance for 5 minutes with your kids

Day 3: Core & Strength Focus (7 minutes)

- 30 seconds Glute Bridges
- 30 seconds Leg Raises
- 30 seconds Side Plank (15 sec each side)
- 30 seconds Seated Russian Twists
- 30-second Superman Hold (back & core)
- Repeat if time allows!

Day 4: Cardio Quickie (5-10 minutes)

- 1-minute High Knees
- 1-minute Jump Rope (or pretend jump rope)
- 1-minute Burpees or Modified Step Backs
- 1-minute Fast March in Place
- 30-second Cool-Down Stretch

Day 5: Mom & Kid Fun Workout

- Chase your kids for 10 minutes (tag, relay races, etc.)

- Bear Crawl with them across the floor
- Do a mini yoga session together

Day 6: Strength & Stretching (6 minutes)

- 1-minute Chair Dips
- 1-minute Step-Ups (use stairs or a low bench)
- 1-minute Standing Side Leg Lifts
- 1-minute Deep Stretching & Breathing

Day 7: Active Rest & Self-Care

- Take a 15-minute walk (solo or with family)
- Do 5 minutes of stretching or yoga
- Focus on gratitude & self-care