

Home Workout for Pectorals And Hamstrings

50 of Each

Jumping Jacks-arms bent at 90 degrees, bring elbows together in front, hold biceps parallel to the ground

High plank-step toes out wide

Donkey Kicks on 4's- start with leg bent behind you and hamstring parallel to the ground. Lower and lift engaging hamstring on every rep.

Push Ups- 25 here and 25 after you complete bench presses. Be sure to keep elbows pointing back.

Chest fly with alternating leg extensions

Double crunch legs up

Push ups x 25

Good mornings-keeping spine straight and front of shoulders up (modification: bridge, lift/lower hips)

Mountain climbers 50 seconds

Lunge skip in place x 25 each side

Repeat all exercises x 40 then 30