



[Familynet International Homeschooling Resources](#) :: Your Favorite Site

February Workout of the Month

<http://www.homeschoolfitnesscoach.com/blog/february-workout-of-the-month/>

Some of you have begun working out. Awesome job! Getting started is the hardest part. Once you get into a routine, it gets easier. I promise! So, I wanted to help you get started right. Here is a workout that utilizes full body, multi-joint (compound) exercises and has your cardio all taken care of. No need to spend another 60 minutes of the treadmill with this one. Set your timer for 20 minutes. Grab some dumbbells (10+ lbs.). Do as many rounds of this as you can in 20 minutes. Members of FitHomeschoolMoms.ning.com can view videos of each exercise. Burpees x 15 DB Push Press x 15 DB Alternating Rows x 15 ea side Mountain Climbers x 15 ea side Push Ups x 15 Only take a rest after the push ups and no more than 60 seconds before starting back at the top. 5 rounds is really awesome. Hugs~~ Coach Angela Post from: Homeschool Fitness Coach

Date created: 2009/02/10