



THE “I NEED A CHALLENGE” LADYBOSS MINI WORKOUT GUIDE

AT HOME FITNESS ROUTINE

Inside you will find a detailed guide to help you complete a quick and effective workout session.

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*Your journey to becoming a stronger, more confident LadyBoss starts now.
Let's crush this workout and show the world what you're made of!*

Welcome to your “The I Need A Challenge LadyBoss” mini workout! This empowering routine is designed to fit into your busy schedule, helping you stay fit and energized as you conquer your day. Combining strength, cardio, and core exercises, this workout will boost your confidence and fitness levels. Get ready to unleash your inner boss and dominate your fitness goals. Let's get started!

Equipment Needed

- Exercise mat
- Set of dumbbells or set of water bottles
- Resistance bands (optional)
- Water bottle
- Towel

Warm-Up

- Jumping Jacks: 1 minute
 - Arm Circles: 30 seconds each direction
 - High Knees: 1 minute
 - Torso Twists: 1 minute
 - Leg Swings: 1 minute (30 seconds each leg, forward and backward)
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Workout - Perform each exercise for 45 seconds, followed by 15 seconds of rest. Complete 2-3 rounds.

- Power Squats
- Push-Up to T-Plank
- Reverse Lunges with Front Kick
- Plank Rows
- High Knees with Resistance Bands
- Tricep Dips
- Russian Twists
- Burpees

Level Up Tip: To intensify the workout, increase the duration of each exercise, add more weight, resistance band, or incorporate additional rounds of the routine.

Cool Down

- Standing Forward Bend
- Standing Side Stretch
- Seated Hamstring Stretch
- Seated Spinal Twist
- Deep Breathing

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Tips for Success:

- Focus on maintaining proper form and breathing throughout the exercises.
- Stay hydrated and take breaks as needed.
- Listen to your body and adjust the intensity according to your fitness level.
- Incorporate a balanced diet to support your workout efforts and recovery.

Brief description of the exercises listed in this guide:

Power Squats: Stand with feet shoulder-width apart, perform a squat, then explosively rise back up.

- **Modification:** *Perform bodyweight squats without the explosive rise.*
- **Level Up:** *Hold a dumbbell in each hand or add a jump at the top of the movement.*

Push-Up to T-Plank: Start in a plank position, perform a push-up, then rotate into a side plank, extending one arm upwards. Return to plank and repeat on the other side.

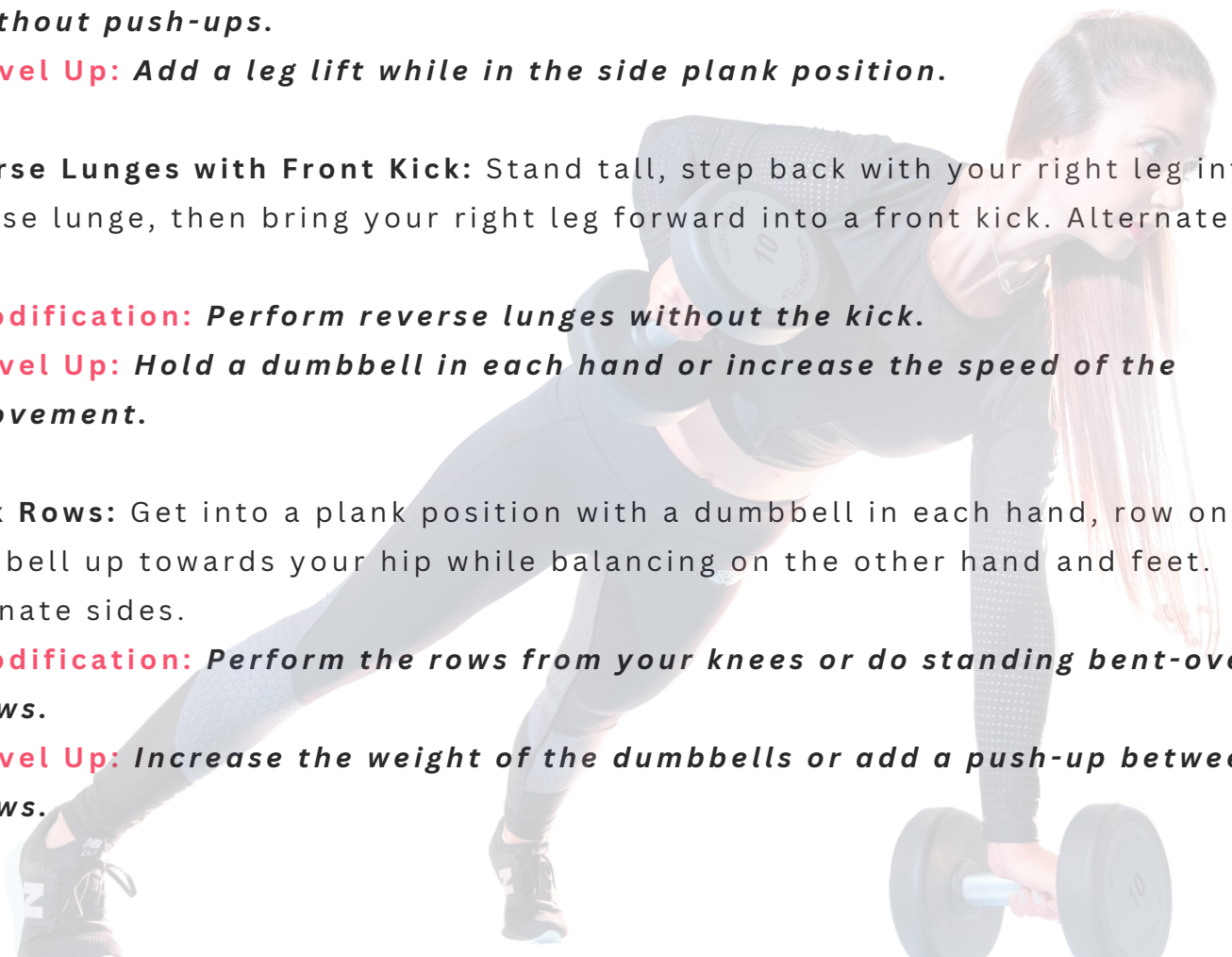
- **Modification:** *Perform the push-ups from your knees or do side planks without push-ups.*
- **Level Up:** *Add a leg lift while in the side plank position.*

Reverse Lunges with Front Kick: Stand tall, step back with your right leg into a reverse lunge, then bring your right leg forward into a front kick. Alternate legs.

- **Modification:** *Perform reverse lunges without the kick.*
- **Level Up:** *Hold a dumbbell in each hand or increase the speed of the movement.*

Plank Rows: Get into a plank position with a dumbbell in each hand, row one dumbbell up towards your hip while balancing on the other hand and feet. Alternate sides.

- **Modification:** *Perform the rows from your knees or do standing bent-over rows.*
- **Level Up:** *Increase the weight of the dumbbells or add a push-up between rows.*



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Brief description of the exercises listed in this guide:

High Knees with Resistance Band: Place a resistance band around your thighs, lift your knees high towards your chest while moving your arms in normal running form.

- **Modification:** *Perform high knees without the resistance band.*
- **Level Up:** *Increase the speed or use a stronger resistance band.*

Tricep Dips: Sit on the edge of a sturdy chair or bench, hands next to your hips, slide your butt off the edge, and bend your elbows to lower your body. Straighten your arms to lift back up.

- **Modification:** *Keep your feet closer to your body to make it easier.*
- **Level Up:** *Extend your legs straight or place a weight on your lap.*

Russian Twists: Sit on the mat with knees bent, lean back slightly, hold a dumbbell with both hands, and twist your torso to the right, then to the left.

- **Modification:** *Perform the twists without a weight.*
- **Level Up:** *Lift your feet off the ground for added difficulty.*

Burpees: Stand with feet shoulder-width apart, drop into a squat position, kick your feet back into a plank, perform a push-up, jump your feet back to your hands, and explosively jump up.

- **Modification:** *Step back into plank and step forward instead of jumping.*
- **Level Up:** *Add a tuck jump or a second push-up.*

Standing Forward Bend: Stand with your feet hip-width apart, bend at the hips while keeping your back straight, and reach down towards your toes.

Standing Side Stretch: Stand with feet shoulder-width apart, raise one arm overhead, and lean to the opposite side, stretching your side body.

Seated Hamstring Stretch: Sit with your legs extended in front of you, reach forward towards your toes while keeping your back straight, and hold the position.

Seated Spinal Twist: Sit with one leg extended and the other leg bent, place the opposite arm on the outside of the bent knee, and gently twist your torso towards the bent knee.

Deep Breathing: Sit comfortably, close your eyes, and take slow, deep breaths to relax and center your mind.