



» mama reset «

CARDIO BOOSTER

All Wall Workout

Perform 40 seconds of exercise A, rest 20 seconds, then 40 seconds of exercise B, rest 20 seconds. Repeat at this 40:20 pace for 2 sets total. Continue on to complete 2 sets of C + D, etc., resting more if needed at any point. Breathe throughout!

A REAR KICK ON WALL

Hands on wall, chest height. Lean slightly in, engage core so back doesn't arch. Exhale kick, alternating legs. Kick leg back/down, don't swing.

B WALL SIT + CROSSOVER ARMS

Slide down into a squat with neutral curve in low back; don't tuck bum under. Swing/cross arms in front, tapping back on wall at sides. Breathe!



C SQUAT + SIDE KICK: LEFT

Stand sideways, right hand on wall. Inhale to squat, bum back. Exhale to drive up out of squat + lean toward wall, lift left knee and kick to side.

D SQUAT + SIDE KICK: RIGHT

As above. Left hand on wall, lean to wall in order to lift right knee and kick to side.



E WALL PUSH UP

Hands on wall, chest height. Stand on balls of feet with hips under ribs. Inhale to bend elbows, exhale to press away. (Too easy? Use counter or table.)

F WALL SIT + ROBOT ARMS

Slide down into a squat with neutral curve in low back. Place arms on wall, elbows bent + fingers up. Rotate arm so fingers reach forward, then tap back on wall. Elbows stay on wall throughout.