

7 Quick 8-Minute Evening Workouts Before Bed Workouts

Necessary Equipment:

1. Dumbbells

Fit Test

- Safely do as many reps as you can within the time period. Record your results.

↓Write Down First ↓

Round 1	<i>Warmup - Run in Place</i>	<u>Goal Amount</u>	<u>How Many Did You Get?</u>
Wall Sit	30 sec		
Kneeling Push Up	30 sec		
Body Weight Squat	30 sec		
Ab Crunch	30 sec		

Workout Day # 1 - Bodyweight

<u>Round 1 - Twice Through</u>	<i>Warmup - Run in Place</i>
Jumping Jacks	30 sec
Kneeling Push Up	30 sec
Bird Dog Left leg, Right Arm	30 sec
Elbow Plank	30 sec
<u>Round 2 - Twice Through</u>	<i>Drink Break</i>
Squat and Punch	30 sec
Bird Dog Right leg, Left Arm	30 sec
Bicycle Crunch	30 sec
Jumping Jacks	30 sec

Workout Day # 2 – Abs

<u>Round 1 - Twice Through</u>	<i>Warmup - Jumping Jacks</i>
Ab Crunch	30 sec
Left Side Plank	30 sec
Right Side Plank	30 sec
Glute Bridge	30 sec
<u>Round 2 - Twice Through</u>	<i>Drink Break</i>
Alternating Plank Punches	30 sec
Right Leg Glute Bridge	30 sec
Left Leg Glute Bridge	30 sec
Plank Hip Twist	30 sec

Workout Day #3 – Bodyweight

<u>Round 1 - Twice Through</u>	<i>Warmup - Run in Place</i>
Jumping Jacks	30 sec
Downward Dog Shoulder Press	30 sec
Superman	30 sec
Prisoner Squat	30 sec
<u>Round 2 - Twice Through</u>	<i>Drink Break</i>
Wall Sit	30 sec
Right Leg Glute Bridge	30 sec
Left Leg Glute Bridge	30 sec
Bench or Chair Dip	30 sec

Workout Day #4 - Endurance

<u>Round 1 - Twice Through</u>	
Jumping Jacks	60 sec
Plank	60 sec
Wall Sit	60 sec
Kneeling Pushups	60 sec

Workout Day #5 – Dumbbells

<u>Round 1 - Twice Through</u>	<i>Warmup - Jumping Jacks</i>
Dumbbell Squat	30 sec
Dumbbell Left Arm Bent Over Row	30 sec
Dumbbell Right Arm Bent Over Row	30 sec
Inchworm Walk	30 sec
<u>Round 2 - Twice Through</u>	<i>Drink Break</i>
Dumbbell Straight Leg Deadlift	30 sec
Dumbbell Standing Shoulder Press	30 sec
Weighted Feet Up Crunch	30 sec
Jumping Jack	30 sec

Workout Day #6 – Abs

<u>Round 1 - Twice Through</u>	<i>Warmup - Jumping Jacks</i>
Ab Crunch	30 sec
Side to Side Heel Taps	30 sec
Straight Leg Kickback	30 sec
Alternating Single Leg Plank	30 sec
<u>Round 2 - Twice Through</u>	<i>Drink Break</i>
Left Oblique Crunch	30 sec
Right Oblique Crunch	30 sec
Left Side Lying Clam	30 sec
Right Side Lying Clam	30 sec

Workout Day #7 – Dumbbells

<u>Round 1 - Twice Through</u>	<i>Warmup - Jumping Jacks</i>
Dumbbell Sumo Squat	30 sec
Piked Push Up	30 sec
Dumbbell Hammer Bicep Curl	30 sec
Dumbbell Standing Back Fly	30 sec
<u>Round 2 - Twice Through</u>	<i>Drink Break</i>
Body Weight Left Leg Reverse Lunge	30 sec
Body Weight Right Leg Reverse Lunge	30 sec
Dumbbell Overhead Tricep Extension	30 sec
Dumbbell Squat and Curl	30 sec

Challenge:

<u>Round 1</u>	<i>Warmup - Run in Place</i>	<u>Goal Amount</u>	<u>How Many Did You Get?</u>
Wall Sit	30 sec		
Kneeling Push Up	30 sec		
Body Weight Squat	30 sec		
Ab Crunch	30 sec		