



HEALTHYSELF RESET

WEEK 3 | WORKOUTS + MORNING5





WEEK 3 | SCHEDULE

DAY	1	WORKOUT
DAY	2	MORNING5
DAY	3	WORKOUT
DAY	4	MORNING5
DAY	5	WORKOUT
DAY	6	MORNING5
DAY	7	MORNING5



DAY 1 | WORKOUT

TIMER

WARM UP
0:00 - 10:00

WRIST MOBILITY, 2 min
DOWN DOG, 1 min
JUMPING JACKS, 1 min

4:00-10:00 Warm-up
2 Rounds:
10 BURPEES
10 SUPERMANS
10 HOLLOW ROCKS

WORKOUT
10:00 - 25:00

Complete 7 rounds of the following as fast as possible:

7 PUSH-UP
14 HOLLOW ROCKS
21 JUMPING JACKS

*If you take longer than 15 min to complete the workout, move on to the cool down.

COOL DOWN
25:00 - 30:00

VINYASA, 3 min
IRON CROSS, 1 min
SCORPION, 1 min



DAY 2 | MORNING5

TIMER

MORNING5
0:00 - 5:00

0:00-1:00 AIR SQUATS
1:00- 3:00 COUCH STRETCH, 1 min each side
3:00-4:00 AIR SQUATS
4:00-5:00 DOWN DOG
*Perform each movement for the indicated duration



DAY 3 | WORKOUT

TIMER

WARM UP
0:00 - 10:00

SQUAT PREP, 3 min
WRIST MOBILITY, 2 min

5:00-10:00 Complete 3 rounds of:
10 AIR SQUATS
0:30 PLANK
10 LUNGES (5 each side)

WORKOUT
10:00 - 26:00

Complete 0:30 of each movement
followed by 0:30 of rest for 4 rounds:
JUMP SQUATS
PUSH-UPS
JUMPING LUNGES
TRICEPS DIPS

COOL DOWN
26:00 - 30:00

COUCH STRETCH, 1:00 each side
IRON CROSS, 1 min
SCORPION, 1 min



DAY 4 | MORNING5

TIMER

MORNING5
0:00 - 5:00

ELBOW-TO-TOE, 1 min each side
DOWN DOG, 1 min
BURPEES, 2 min



DAY 5 | WORKOUT

TIMER

WARM UP
0:00 - 10:00

MOUNTAIN CLIMBERS, 1 min
SQUAT PREP, 3 min

4:00-10:00 As many rounds as possible in 6 min
at a slow warm-up pace:

10 AIR SQUATS
10 LUNGES (R+L =2)
10 JUMP SQUATS
10 JUMPING LUNGES (R+L=2)

WORKOUT
10:00 - 25:00

Complete as many rounds as possible in 15
minutes:

20 SIT-UPS
15 SQUATS
10 BURPEES

COOL DOWN
25:00 - 30:00

VINYASA, 5 min



DAY 6 | MORNING5

TIMER

MORNING5
0:00 - 5:00

DOWN DOG, 1 min
UP DOG, 1 min
SCORPION, 1 min
COUCH STRETCH, 1 min each side



DAY 7 | MORNING5

TIMER

MORNING5
0:00 - 5:00

VINYASA