



HEALTHYSELF RESET

WEEK 4 | WORKOUTS + MORNING5





WEEK 4 | 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

SQUAT PREP, 3 min
WRIST MOBILITY, 2 min
5:00-10:00 As many rounds as possible in 5 minutes:
10 AIR SQUATS
10 LUNGES (R+L=2)
10 SIT-UPS
10 SUPERMAN

WORKOUT
10:00 - 20:00

5 Rounds:
0:30 PLANK HOLD
0:30 JUMPING LUNGES
0:30 HOLLOW HOLD
0:30 JUMP SQUATS

COOL DOWN
20:00 - 30:00

VINYASA, 5 min
COUCH STRETCH, 1 min each side
ELBOW TO TOE, 0:30 each side
IRON CROSS, 1 min
SCORPION, 1 min



DAY 2 | MORNING5

TIMER

MORNING5
0:00 - 5:00

BURPEES, 1 min
UP DOG, 1 min
COUCH STRETCH, 1 min each side
IRON CROSS, 1 min



DAY 3 | WORKOUT

TIMER

WARM UP
0:00 - 10:00

FORWARD FOLD, 1 min
ELBOW TO TOE, 1 min (10 reps each side)
SQUAT PREP, 3 min (15 reps each movement)

5:00-10:00 5 Rounds of:
0:15 JUMPING JACK
0:15 MOUNTAIN CLIMBERS
0:15 PLANK
0:15 AIR SQUATS

WORKOUT
10:00 - 25:00

10:00-11:00 SETUP

11:00-25:00 WORKOUT
5 rounds of:
10 HOLLOW ROCKS
10 ALTERNATING LUNGES (R+L=2)
10 TRICEPS DIPS
10 JUMPING SQUATS

COOL DOWN
25:00 - 30:00

VINYASA, 5 min



DAY 4 | MORNING5

TIMER

MORNING5
0:00 - 5:00

5 Rounds:
0:20 SUPERMAN
0:20 SIT-UPS
0:20 JUMPING JACKS



DAY 5 | WORKOUT

TIMER

WARM UP
0:00 - 10:00

SQUAT PREP, 3 min
WRIST MOBILITY, 2 min

5:00-10:00 cycle through the following movements for 5 min at a warm-up pace:
20 JUMPING JACKS
10 LUNGES (5 REPS EACH LEG)
5 SIT-UPS
5 SUPERMANS

WORKOUT
10:00 - 22:00

Complete as many rounds as possible in 12 min of the following:
20 MOUNTAIN CLIMBERS
(right leg + left leg = 2 reps)
10 AIR SQUATS
10 SIT-UPS
10 BURPEES

COMPARE TO WEEK 1

COOL DOWN
22:00 - 30:00

COUCH STRETCH, 1 min each side
ELBOW TO TOE, 15 reps each side
IRON CROSS, 1 min
SCORPION, 1 min
DOWN DOG, 1 min



DAY 6 | MORNING5

TIMER

MORNING5
0:00 - 5:00

VINYASA, 5 min



DAY 7 | MORNING5

TIMER

MORNING5
0:00 - 5:00

0:00-3:00 Complete 3 rounds of:
10 AIR SQUATS
5 PUSH UPS

3:00-5:00 COUCH STRETCH, 1:00 each
side