

NEW YEAR, NEW YOU: WEEK 2 WORKOUT SUGGESTIONS

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WORKOUT 1: CARDIO

Get up and get moving for about 30 minutes! You can choose to walk, jog, or use your favorite cardio equipment at the gym (StairMaster, Elliptical Machine, etc.); OR choose between this [20-Minute Living Room Workout](#) or this [30-Minute Fat-Blasting Treadmill Walking Workout](#).

WORKOUT 2: STRENGTH TRAINING

Try this [Total Body Workout Circuit](#); this [Beginner Body Weight Workout](#) (no equipment necessary); OR this [Total Body Dumbbell Workout](#)

WORKOUT 3: CARDIO

See Day 1 – try something new, or repeat your favorite exercise!

WORKOUT 4: STRENGTH TRAINING

See Day 2 – try something new, or repeat your favorite workout!

WORKOUT 5: CARDIO

See Day 1 – try something new, or repeat your favorite exercise!

WORKOUT 6: YOGA/STRETCHING

Stretch those muscles for about 20 minutes, take a deep breath, and spend some time relaxing! You can try this [15-Minute Morning Yoga Routine](#) (video); these [Soothing Yoga Poses for Sound Sleep](#); OR add a new DVD to your collection, like this [Jillian Michaels: Yoga Meltdown](#) (which has two different 30-minute routines).

Pressed for Time? Something is always better than nothing! If you only have a few minutes, try to squeeze in one of these [4-Minute Tabata Workouts](#)...there's one for every day of the week!