

**NEVER
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NEVER
NEVER
NEVER
GIVE UP**

Don't let COVID-19 get in the
way of your goals!

www.healthwithshannon.com

Think social distancing means missing your workouts?

Think again!

Here is your guide to staying healthy during Coronavirus!

What you need:

Your A game

A mat

Water

A towel

A pillow

Underlined exercises have a link to video for reference



Start every workout with a warm up.

Warm up options:

- Run in place
- High knees
- Jumping Jacks
- Walk or run outdoors
- Jump rope

Add mobility:

- Cat cows
- Hip circles
- Inner thigh stretches
- Shoulder circles



Workout 1:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Plank shoulder taps x 30 seconds

Single leg bridges x 15

Sit ups x 20

Circuit 2:

Side plank with hip dips x 30 sec

Walk outs x 10

Russian twists x 15

Circuit 3:

Triceps dips off chair x 15

Squats x 20

Backward lunges x 15 each leg



Workout 2:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Plank jacks (or toe tap outs) x 30
seconds

Across toe taps x 10 each side

Single leg deadlift x 15 each side

Circuit 2:

Supermans x 10

Squat to side kick x 15 each side

Lateral lunge x 15 each side

Circuit 3:

Scapular pushups x 15

Bridge heel walk outs x 10

Burpee x 10



Workout 3:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

5-10 rounds
10 of each (unless specified for time)

Pushups

Squat jumps

High knees 30 seconds

Standing oblique crunch x 10

Bear crawl hold x 30 seconds

Forward lunge x 10 each side

Downward dog pushups

Wall sit x 30 seconds



Workout 4:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Squat to calf raise x 20

Sit ups x 20

Triceps dips x 15

Circuit 2:

On tippy toes squat x 15

Single leg deadlift to backward lunge
x 10

Russian twist x 20 each side

Circuit 3:

Plank get ups x 30 seconds

Bicycle crunches x 15 each side

Lateral lunges x 15 each side



Workout 5:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Bird dog x 10 each side

Frog sit up x 15

Bridge with pillow in inner thigh
squeeze x 20

Circuit 2:

Walk outs to pushups x 10

On stomach T's x 10

Jumping jacks x 30 seconds

Circuit 3:

Side plank dips x 15 each side

Backward lunges x 15 each side

Squat jacks x 15



Workout 6:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Traveling plank x 30 seconds

Squats x 20

Mountain climbers x 30 seconds

Circuit 2:

Standing oblique crunch x 10

Lateral lunges x 10

Roll ups x 15

Circuit 3:

Forward lunges x 15

Wall sit x 1 minute

Bicycle crunches x 15



Workout 7:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

5-10 rounds
**10 of each (unless specified for
time)**

Walk outs

Lateral jumps

Sit ups

Single leg deadlift to backward lunge

Squats with heels lifted

Russian twists



Workout 8:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Push ups x 15
Tricep dips x 15
Frog sit ups x 15

Circuit 2:

Plank to opposite shin tap with hip
lift x 30 seconds
Mountain climbers x 30 seconds
Across V ups x 10

Circuit 3:

Forward to backward lunges x 10
Squats x 20
Double leg lower lift x 10



Workout 9:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Backward lunge with hip circle x 10

Lateral jumps x 30 seconds

Single leg deadlift x 15

Circuit 2:

Scapula pushups x 15

Bear crawl hold x 30 seconds

Wall sit x 45sec -1minute

Circuit 3:

Burpees x 10

Lateral lunges x 10

On stomach T's x 10



Workout 10:

Repeat each circuit for 3 rounds
Rest 1-2 minutes between rounds

Circuit 1:

Walkouts x 10

Mountain climbers x 30 seconds

Squat to side kick x 10 each side

Circuit 2:

Plank get ups x 30 seconds

Side plank hip dips x 20 each side

Roll ups x 10

Circuit 3:

Tricep pushups x 10

Tricep dips x 15

Russian twists x 20 each side



Don't forget about your nutrition!!

It's easy to get overwhelmed and buy processed foods that have longer self life during this time.

However, those offer little nutritional value and weaken your immune system. Below are some ideas of some real, whole foods, that can allow your immune system to remain high!

Foods to buy:

First, load up on as many fresh fruits and vegetables as possible! You can always freeze these or make your own soups!

Pantry items:

Organic and low sodium soups

Bone broth

Black bean or chickpea pastas

Protein bars (goMacro, Dang, RX, Epic)

Organic protein powder

Gluten free oats

Raw nut butters

Organic beans/ lentils that you can soak and cook

Quinoa, brown or black rice

Seeds and nuts

Canned salmon or tuna

Jerky



Supplements for an added boost:

Elderberry

Echinacea

Vitamin C

Zinc

Vitamin D (supplement and sunshine)

Spore based probiotics (either from Thrive probiotics or micro biome labs)

Stress management:

Stress weakens EVERY system in your body, including your immune system.

During this time it is important to implement any/all stress management techniques you use!

Some ways to quickly decrease stress: going outside in nature, deep breathing, meditation, gratitude, and laughter.

You can find my beginner guides to meditation, mindfulness and gratitude on my website www.healthwithshannon.com under guides!



Stay healthy!

**Make sure to tag me on instagram
after each workout or healthy
activity you do!
@healthwithshannon**

Email

**shannon@healthwithshannon.com
for information about how to stay
healthy all year long!**

*with gratitude,
Shannon Dolan*