



**THE LADYBOSS WHO NEEDS TO GET BACK  
INTO THEIR GROOVE MINI WORKOUT GUIDE**

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# AT HOME FITNESS ROUTINE

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**Inside you will find a detailed guide to help you  
complete a quick and effective workout session.**

# THE LADYBOSS WHO NEEDS TO GET BACK INTO THEIR GROOVE

## MINI WORKOUT GUIDE

*Your journey to getting back into your groove starts now. Let's reignite your fitness passion and show the world your unstoppable LadyBoss spirit!*

Welcome to your "The LadyBoss Who Needs to Get Back Into Their Groove" mini workout! This routine is designed to help you regain your fitness momentum with a balanced mix of cardio, strength, and flexibility exercises. Perfect for those getting back into their fitness groove, this workout will energize and motivate you to make fitness a regular part of your routine again. Let's jump back into it and rediscover your groove!

### Equipment Needed

- Exercise mat
- Set of dumbbells or set of water bottles
- Resistance bands (optional)
- Water bottle
- Towel

### Warm-Up

- March in Place: 1 minute
- Arm Circles: 30 seconds each direction
- Side Step Touches: 1 minute
- Torso Twists: 1 minute
- Leg Swings: 1 minute (30 seconds each leg, forward and backward)

### Workout - 10-12 reps of each exercise, complete 2-3 rounds

- Bodyweight Squats
- Incline Push-Up
- Standing Side Leg Lifts
- Bicep Curls with Dumbbells or Water Bottles
- Walking Lunges
- Russian Twists
- Plank
- High Knees

**Level Up Tip:** To intensify the workout, increase the duration of each exercise, add more weight, resistance band, or incorporate additional rounds of the routine.

### Cool Down

- Standing Forward Bend
- Standing Side Stretch
- Seated Hamstring Stretch
- Seated Spinal Twist
- Deep Breathing

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### Tips for Success:

- Focus on maintaining proper form and breathing throughout the exercises.
- Stay hydrated and take breaks as needed.
- Listen to your body and adjust the intensity according to your fitness level.
- Incorporate a balanced diet to support your workout efforts and recovery.

### Brief description of the exercises listed in this guide:

**Bodyweight Squats:** Stand with feet shoulder-width apart, lower into a squat, then rise back up.

- **Modification:** *Perform shallow squats if full squats are too challenging.*
- **Level Up:** *Hold a dumbbell in each hand or pulse while in squat position.*

**Incline Push-Ups:** Place your hands on a bench or sturdy chair, perform push-ups by lowering your chest towards the bench and pushing back up.

- **Modification:** *Perform push-ups against a wall.*
- **Level Up:** *Do standard push-ups on the floor or add a clap between push-ups.*

**Standing Side Leg Lifts:** Stand tall, lift your right leg to the side, lower it back down, then lift your left leg.

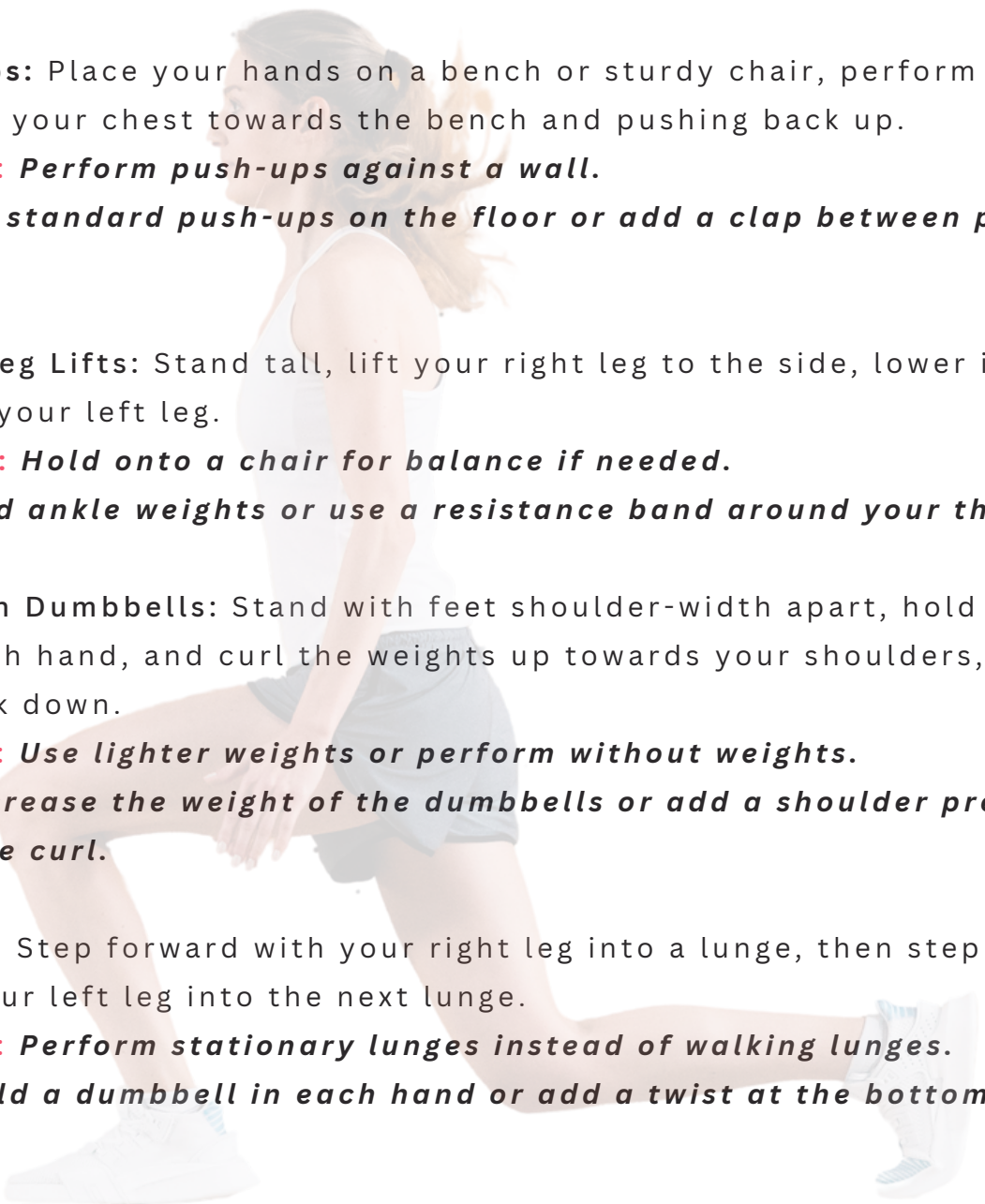
- **Modification:** *Hold onto a chair for balance if needed.*
- **Level Up:** *Add ankle weights or use a resistance band around your thighs.*

**Bicep Curls with Dumbbells:** Stand with feet shoulder-width apart, hold a dumbbell in each hand, and curl the weights up towards your shoulders, then lower them back down.

- **Modification:** *Use lighter weights or perform without weights.*
- **Level Up:** *Increase the weight of the dumbbells or add a shoulder press at the top of the curl.*

**Walking Lunges:** Step forward with your right leg into a lunge, then step forward with your left leg into the next lunge.

- **Modification:** *Perform stationary lunges instead of walking lunges.*
- **Level Up:** *Hold a dumbbell in each hand or add a twist at the bottom of each lunge.*





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## Brief description of the exercises listed in this guide:

**Seated Russian Twists:** Sit on the mat with knees bent, lean back slightly, hold a dumbbell with both hands, and twist your torso to the right, then to the left.

- **Modification:** Perform the twists without a weight.
- **Level Up:** Lift your feet off the ground for added difficulty.

**Plank:** Get into a plank position on your forearms and toes, keeping your body in a straight line.

- **Modification:** Hold the plank from your knees.
- **Level Up:** Lift one leg or arm off the ground for an added challenge.

**High Knees:** Stand tall, lift your knees high towards your chest while moving your arms in normal running form.

- **Modification:** March in place instead of running.
- **Level Up:** Increase the speed or use a resistance band around your thighs.

**Standing Forward Bend:** Stand with your feet hip-width apart, bend at the hips while keeping your back straight, and reach down towards your toes.

**Standing Side Stretch:** Stand with feet shoulder-width apart, raise one arm overhead, and lean to the opposite side, stretching your side body.

**Seated Hamstring Stretch:** Sit with your legs extended in front of you, reach forward towards your toes while keeping your back straight, and hold the position.

**Seated Spinal Twist:** Sit with one leg extended and the other leg bent, place the opposite arm on the outside of the bent knee, and gently twist your torso towards the bent knee.

**Deep Breathing:** Sit comfortably, close your eyes, and take slow, deep breaths to relax and center your mind.