

# Working out while baby is sleeping

## 1. Warm up for 2 minutes.

Start with basic forward and back steps, similar to a step aerobics class. You can add step height by stepping onto an aerobic workout block or book, or try a Bosu (at right) for increased difficulty.



## 2. Side steps: 20 reps.

To increase difficulty, add a rowing motion with arms and alternate hamstring curls.

## 3. Low box lateral shuffle: 20 reps

If you don't have a box to cross over, try keeping a low squat while performing multiple side steps in one direction, then repeat to the other side.



## 4. Backwards lunge with biceps curl: 20 reps.

## 5. Return to basic forward and back steps for 2 minutes.

## 6. Seal jumping jacks: 20 reps.

Note that the difference from traditional jumping jacks is the hand placement – the hands meet in front of the chest, rather than over the head.



## 7. Hand touches from a plank position: 10 alternating touches.

These will challenge your lower abdominal muscles and upper body strength. To make this harder, continue to walk your hands to the side while maintaining the plank position and continue side to side for further distance.



## 8. Split jumps: 6 reps.

If the impact is too difficult, you can perform a stationary lunge, lowering your body into the same position without the jumps.

## 9. Overhead triceps extensions: 10 reps.

Want to up the intensity? Do it while balancing one leg.



## 10. Cool down: Basic forward and back steps for 2 minutes.