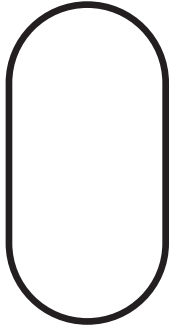


IKEA NEW YEAR'S CHALLENGE



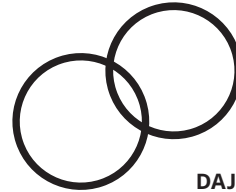
In collaboration with @MuseOfGreens **MUSE OF SWEAT**



DAJLIEN
exercise mat



DAJLIEN
step-up board



DAJLIEN
training weights

WEEK 1 | 12 min.

Workout 1: **Full Body**

- Butt kicks: 30"
- Squats: 12 reps
- Lunges: 10reps each leg
- Static Dead Bug: 30" hold
- Kneeled push up on bench: 8 reps
- Chest press on bench: 10 reps

3 sets

WEEK 2 | 15 min.

Workout 1: **Full Body**

- Jumping Jacks: 30"
- Goblet squat: 12 reps
- Lunges double bounce: 12 reps each side
- Dead bug: 12 reps each side
- Mountain Climbers: 30"

3 sets

WEEK 3 | 15 min.

Workout 1: **Full Body**

- Step ups with weights: 12 reps
- Walk out plank: 30"
- Thruster: 12 reps
- Side lunges: 12 reps each side
- Plank shoulder taps: 30"
- Single leg stretch: 12 reps each side

3 sets

WEEK 4 | 15 min.

Workout 1: **Full Body**

- (Bench) jumps: 12 reps
- Mountain climbers: 40"
- Squat row: 12 reps
- Bulgarian squat with weight: 12 reps each side
- 3 point row: 12 reps each side

3 sets

WEEK 1 | 12 min.

Workout 2: **Booty & arms**

- Bench step ups: 12reps
- Side Leg raises: 12reps each leg
- Bridge: 12 reps
- (Inclined) Plank: 30"
- Bicycle crunches: 12 reps each side
- Bicep curls: 12 reps

3 sets

WEEK 2 | 13 min.

Workout 2: **Abs & arms**

- Side plank on bench: 30" each side
- Inclined push up: 12 reps
- Plank to downward dog: 12 reps
- Half sit up: 12 reps
- Tick tock: 12 reps each side
- Shoulder press: 12 reps

3 sets

WEEK 3 | 15 min.

Workout 2: **Booty & arms**

- Bird Dog: 12 reps each side
- Donkey Kicks straight leg: 12 reps each side
- Bridge on bench: 12 reps
- Bicep curls: 12 reps
- Tricep Dips: 12 reps
- Squat hold: 30"

3 sets

WEEK 4 | 15 min.

Workout 2: **Abs & arms**

- Side Plank: 45" each side
- Single straight leg stretch: 12 reps
- Overhead tricep extension: 12 reps
- Reverse sit up: 12 reps
- Commandos: 12 reps
- Walk out to push up: 30"

3 sets

WEEK 1 | 8 min.

Workout 3: **Stretching**

- Child's Pose: 30"
- Cat-Cow Stretch: 10 reps
- Cobra Stretch: 10 reps
- Single leg standing Forward Bend L & R: 30"

2 sets

WEEK 2 | 8 min.

Workout 3: **Stretching**

- Child's Pose: 30"
- Pigeon Pose L&R: 30"
- Butterfly: 30"
- Shoulders & arms stretch: 30"
- each side

2 sets

WEEK 3 | 10 min.

Workout 3: **Stretching & abs**

- Side plank: 40" each side
- Russian Twists: 12 reps each side
- Child's Pose: 30"
- Kneeling hip flexor L&R: 30" each side
- Low lunge + arms: 30" each side

2 sets

WEEK 4 | 10 min.

Workout 3: **Stretching**

- Plank: 45"
- Child's Pose: 30"
- High cobra: 30"
- Downward dog: 30"
- Butterfly Pose: 30"
- Seated hamstring stretch L&R: 30"

2 sets



Watch here the 12 workout videos created by @MuseOfGreens

