

# Dad Bod to Rad Bod Workout

Regain your confidence with this FAST and effective at-home workout plan, specifically designed for time-strapped dads.

## The workout:



Exercises to be performed in 30, 45, or 60 second intervals, with 10, 20, or 30 seconds rest between exercises.



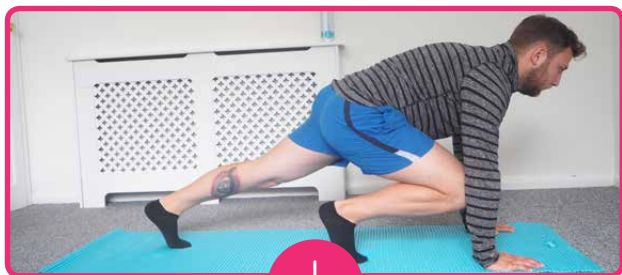
Depending on fitness levels and duration of circuit, complete 2-5 times round.

Managed to get out of the house? Just switch your baby equipment for weights, for a quick gym workout.

## 1 MOUNTAIN CLIMBERS (core & cardio)

Start in a press-up position, resting on toes with your arms straight. Bring one leg forward so your knee reaches your chest, and then move back to the start position and repeat with the other leg

**You will need: Yourself**



## 2 PRAM ROLL OUTS (core)

Set pram wheels in fixed alignment, in a kneeling position, roll the pram forwards and backwards (add baby/toddler to pram for extra weight)

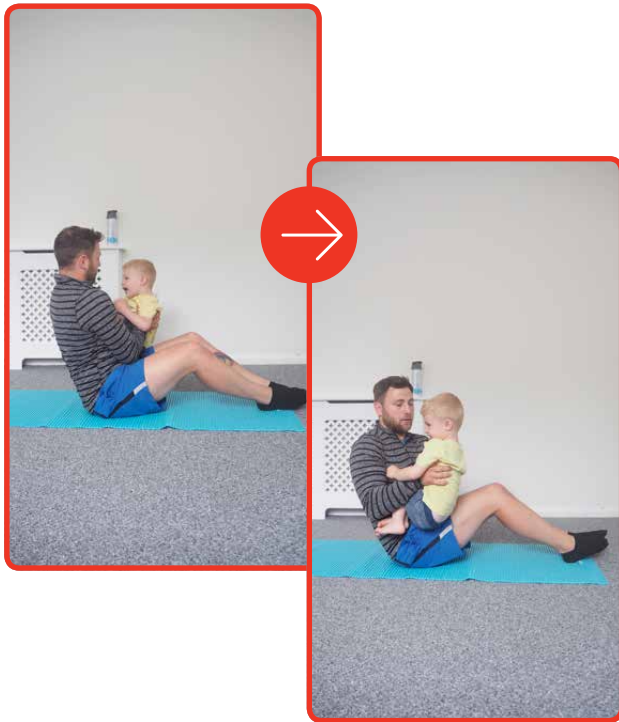
**You will need: Pram/pushchair**



### 3 RUSSIAN TWIST - with baby/toddler (core)

Holding baby/toddler, sitting in a raised sit up position, pass baby side to side

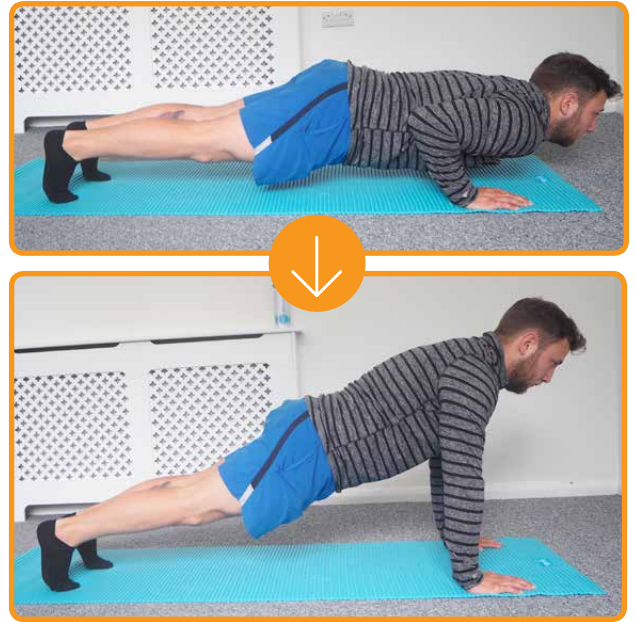
**You will need: Baby/toddler**



### 4 PRESS UPS (chest & triceps)

Place hands on the ground, directly under shoulders and rest on your toes (or on knees for an easier version). Bend your elbows and lower yourself until your elbows are at a 90-degree angle

**You will need: Yourself**



### 5 SQUAT - with baby/toddler (legs & glutes)

With your feet shoulder-width apart, squat as if you are sitting on an invisible chair, using baby for resistance. Ensure you don't arch your back and sit on sofa or chair if needed

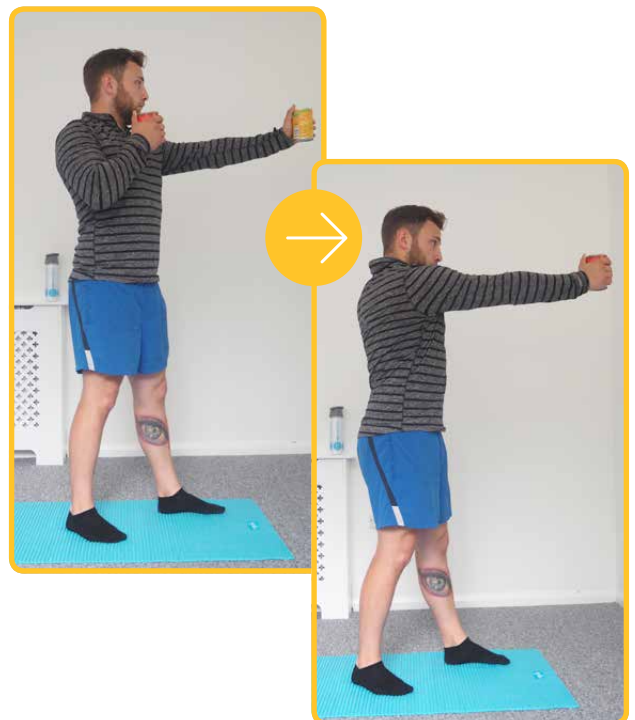
**You will need: Baby/toddler, chair/sofa**



### 6 SHADOW BOX - with food tins (shoulders)

Holding food tins or baby food jars for resistance, punch arms outwards or upwards

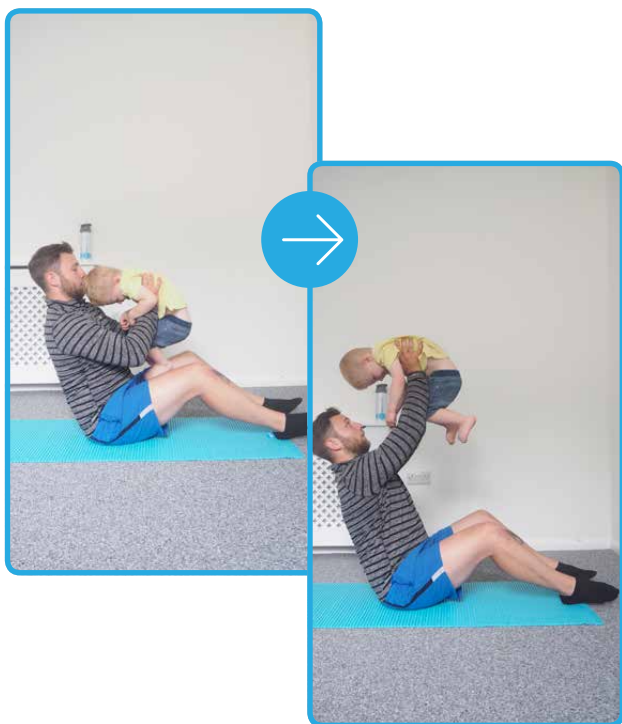
**You will need: Food tins/baby food jars**



## 7 SEATED SHOULDER PRESS - with baby/toddler (shoulders)

Sit on floor holding baby/toddler, lift them overhead and return to chest

**You will need:** Baby/toddler



## 8 CHAIR DIPS (triceps)

Sit down on the edge of a chair and place hands behind your hips, shoulder-width apart. Lift yourself off the seat and walk legs forward. Slowly lower your body downward, making sure elbows don't bend to an angle smaller than 90-degrees

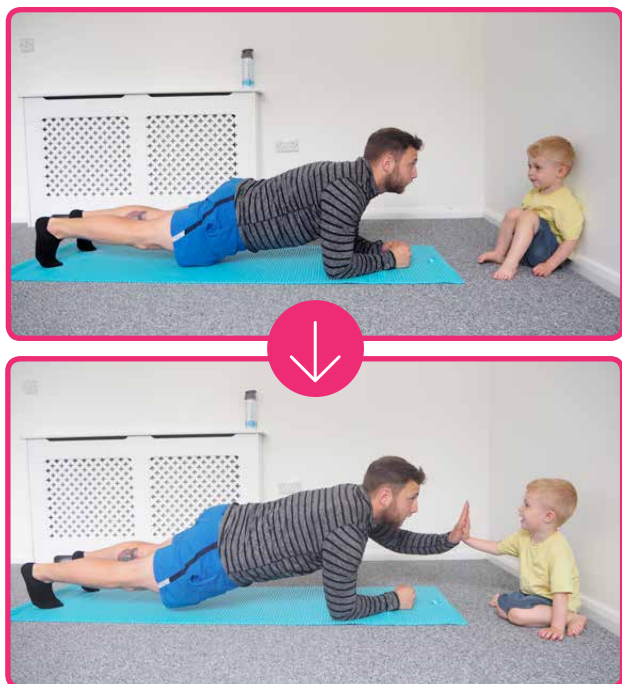
**You will need:** Chair/seat



## 9 PLANK - high fives with baby/toddler (core)

Place the forearms on the ground with elbows shoulder-width apart, resting on toes. One hand at a time, high-5 baby/toddler

**You will need:** Baby/toddler



Let us know how you get on with the workout by tagging @LighterLifeFast on your social channels and using the hashtag #FastDadBod.

[www.lighterlifefast.com](http://www.lighterlifefast.com)