



Monday	Cardio
Tuesday	Arms
Wednesday	Legs
Thursday	Core
Friday	Flex/Stretch
Saturday	Cardio
Sunday	REST

Cardio Options

1. Cardio Quickie

PICK 2 SONGS

Non stop jumping jacks, high knees, jump squats, jump rope, or standing leg lifts.
All or pick to exercises. Non stop for full song

2. Take a Class (circuit training, tabata, bootcamp, Dance, Spin, etc)

3. Cardio Intervals (Five 1 min intervals rest 30 sec and repeat)

- Mile run (as fast as you can)
- Burpees
- Defense Basketball position shuffle from right to left (hands up)
- High knees
- Sprints
- Mountain Climbers

(all how much you can do in a min time frame for each exercise)

Arm Options

1. Body Weight (3 sets of 20)

- pushups
- pull ups
- dips
- tricep pushups
- lateral lifts

2. Weights (3 sets of 12)

- Clean and Press (squat down to pick up weights then press up to the sky. Make sure weights is on your heels when you squat)
- Tricep Pulldowns
- Romanian Deadlift (Hold the dumbbells in front of your thighs with your feet hip-width apart. Push your hips back and bend forward until you feel you can't keep the arch in your lower back (it's ok to let your knees bend a little). extend your hips to come back up
- Bicep Curls
- Chest Press



Leg Options

1. Body Weight (3 sets of 25)

- Squats
- Lunges
- Leg lifts
- Jump Squats
- Frog Jumps

2. Weights (3 sets of 12)

- Leg Press
- Leg Curls
- Leg extensions
- Glute Kickbacks
- Calf Raises

Core

1. AB attack (do 2 sets of 50 or 4 sets of 25)

- 100 crunches
- 100 reverse crunches
- 100 V-ups
- 100 leg lifts on your back or on the bar

2. Plank it out (1 min each repeat 3 X)

- Regular Plank
- Side Plank
- Push up plank (up, up, then down, down on your elbows)
- Arm raise Plank (raise each arm up)

Flex/Stretch

1. Yoga
2. Pilates
3. Swimming

Please Note: For each of these workouts you are welcome to modify if you're unable to do it, however just remember that if you don't challenge yourself to new levels, then you won't see new results. If something becomes too easy please raise either the weight, frequency or intensity. That's the only way you'll really get the full benefit