

October: Fall back into Shape

2015

Coach Cass Get it Right Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				<u>Cardio</u> 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	<u>Arms</u> Body Weight (3 sets of 20) <ul style="list-style-type: none"> • pushups • pull ups • dips • tricep pushups • lateral lifts 	Freestyle Day 30 minutes doing an activity you enjoy ex. below: <ul style="list-style-type: none"> - Running - Dancing - Biking - Playing a Sport Taking a fitness or dance class
4	5	6	7	8	9	10
Relax and Recover Day	<u>Legs</u> Body Weight (3 sets of 25) <ul style="list-style-type: none"> • Squats • Lunges • Leg lifts • Jump Squats • Frog Jumps 	<u>Core</u> Plank it out (1 min each repeat 3 X) <ul style="list-style-type: none"> • Regular Plank • Side Plank • Push up plank (up, up, then down, down on your elbows) • Arm raise Plank (raise each arm up) 	<u>Flex/Stretch</u> <ol style="list-style-type: none"> 1. Yoga 2. Pilates 3. Swimming 	<u>Cardio</u> Cardio Intervals (Five 1 min intervals rest 30 sec and repeat) <ul style="list-style-type: none"> • 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)	<u>Arms</u> <ol style="list-style-type: none"> 1. Weights (3 sets of 12) <ul style="list-style-type: none"> • 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 	Freestyle Day 30 minutes doing an activity you enjoy ex. below: <ul style="list-style-type: none"> - Running - Dancing - Biking - Playing a Sport Taking a fitness or dance class

					<p>the arch in your lower back (it's ok to let your knees bend a little). extend your hips to come back up</p> <ul style="list-style-type: none"> • Bicep Curls • Chest Press 	
11 Relax and Recover Day	<p>12</p> <p><u>Legs</u> Weights (3 sets of 12)</p> <ul style="list-style-type: none"> • Leg Press • Leg Curls • Leg extensions • Glute Kickbacks • Calf Raises 	<p>13</p> <p><u>Core</u> AB attack (do 2 sets of 50 or 4 sets of 25)</p> <ul style="list-style-type: none"> • 100 crunches • 100 reverse crunches • 100 V-ups • 100 leg lifts on your back or on the bar 	<p>14</p> <p><u>Flex/Stretch</u></p> <ol style="list-style-type: none"> 1. Yoga 2. Pilates 3. Swimming 	<p>15</p> <p><u>Legs</u> Body Weight (3 sets of 25)</p> <ul style="list-style-type: none"> • Squats • Lunges • Leg lifts • Jump Sqauts • Frog Jumps 	<p>16</p> <p><u>Arms</u> Body Weight (3 sets of 20)</p> <ul style="list-style-type: none"> • pushups • pull ups • dips • tricep pushups • lateral lifts 	<p>17</p> <p>Freestyle Day 30 minutes doing an activity you enjoy ex. below:</p> <ul style="list-style-type: none"> - Running - Dancing - Biking - Playing a Sport <p>Taking a fitness or dance class</p>
18 Relax and Recover Day	<p>19</p> <p><u>Legs</u></p> <p>Leg love Video</p>	<p>20</p> <p><u>CardioQuickie:</u> Steps or Ramp</p>	<p>21</p> <p><u>Flex/Stretch</u></p> <ol style="list-style-type: none"> 1. Yoga 2. Pilates 3. Swimming 	<p>22</p> <p><u>Core</u> Plank it out (1 min each repeat 3 X)</p> <ul style="list-style-type: none"> • Regular Plank • Side Plank • Push up plank (up, up, then down, down on your elbows) <p>Arm raise Plank (raise each arm up</p>	<p>23</p> <p><u>Arms</u></p> <ol style="list-style-type: none"> 2. Weights (3 sets of 12) <ul style="list-style-type: none"> • 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 	<p>24</p> <p>Freestyle Day 30 minutes doing an activity you enjoy</p> <ul style="list-style-type: none"> - Running - Dancing - Biking - Playing a Sport <p>Taking a fitness or dance class</p>

					<p>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</p> <ul style="list-style-type: none"> • Bicep Curls • Chest Press 	
25 Relax and Recover Day	26 <u>Cardio</u> CardioQuickie: Walk it out	27 <u>Core</u> Weighted Crossover Crunches	28 <u>Arms</u> Squatted Tricep Pulldowns	30 <u>Legs</u> Body Weight (3 sets of 25) <ul style="list-style-type: none"> • Squats • Lunges • Leg lifts • Jump Squats • Frog Jumps 	31 <u>Cardio</u> 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	
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Workout Examples found on the links below also:

5, 4, 3, 2,1 workout: https://www.youtube.com/edit?o=U&video_id=-R3gbGw9GUQ

Cardio Quickie: Steps or Ramp: <https://www.youtube.com/watch?v=LgKSoKNqCHY>

CardioSculpt Circut: <http://www.youtube.com/watch?v=yO3AhUtY-EY>

Weighted crossover Crunches: https://www.youtube.com/watch?v=_Xo7ShhbxvM

Flex Core and More: <https://www.youtube.com/watch?v=-lZFaGiinQ>

Travel Push-ups (you can do these on your knees too): <https://www.youtube.com/watch?v=ql-lpYqihqM>

Squatted Tricep Pulldowns: <https://www.youtube.com/watch?v=-5yvsfFmfFg>

Rocking Planks: <https://www.youtube.com/watch?v=4IzP7RjM26A>

Leg Lift Pushups: <https://www.youtube.com/watch?v=JiHP41K53yk>

Walk it out: <https://www.youtube.com/watch?v=EnCOXB4Exi8>

Leg Love Day: <https://www.youtube.com/watch?v=XxoAnd56P8o>