



get active.

WORKOUT 1

1. Begin with 10-15 min. of cardio to warm-up - treadmill or elliptical.
2. Stretch

Complete 3 rounds of each move in the set and then move onto the next set. Lift as heavy as you can, but keep your form. Increase weights and reps as you are able.

WEDNESDAY

CARDIO + ABS

Cardio - your choice!

30 MINUTES

1. Sit-Up w/ Pulse
2. Flutter Kicks
3. Heel Taps
4. Suit Cases
5. Plank Twisters

2-3 SETS (20 OF EACH)

MONDAY

LEGS

1. Step-Ups
2. Narrow Squats
3. Curtsey Lunge

SET 1

1. Backwards Lunge
2. Leg Press
3. Hip Adductor (machine)

SET 2

1. Wall Sit (1 min)
2. Plank (1 min)

SET 3

TUESDAY

BI/CHEST/TRI

1. Tricep Kick Back
2. DB Bench Press
3. Chest Fly

SET 1

1. DB Shoulder Press
2. Push-Ups
3. MedBall Floor Slam

SET 2

1. Airplane Pulse
2. Tricep Overhead Extension

SET 3

THURSDAY

LEGS

1. Jump Rope (1 min)
2. Jumping Lunges
3. Jump Squats

SET 1

1. Split Lunge
2. Plank Knee to Elbow
3. Speed Squats

SET 2

1. Walking Lunges
2. Mtn. Climb (30 sec)
3. Squat Side Kicks

SET 3

FRIDAY

BACK

1. Bent Over BB Row
2. Superman (30 sec)

SET 1

1. DB Side Raise
2. Lawn Mowers
3. Wide Grip Lat Pull-Down

SET 2

1. One Arm Standing Row
2. Plank (1 minute)

SET 3