



MON
FULL BODY

Warm up: 3 - 5 min on Treadmill, Bike, or
Jump Rope (100 reps)
Air Squats
Jump Squats -
Jump Lunges
Push-ups (Regular or Modified)
Bear Hold Shoulder Tap
Mountain Climbers
45 Sec on, 15 sec off (3 Rounds Total)

TUES
CARDIO / ABS

30 min Cardio of Choice
Bike
Treadmill
Outdoor/Indoor Run
ABS:
Bird Dog Crunch
Heel Taps
Alt. Dead Bugs
30 sec on, 30 sec off (3 rounds)

WED
FULL BODY

Warm-up: 3-5 min on
Treadmill/Bike or Jump Rope
(100 reps)
Squat to Calf Raise
Jump Squat
Reverse Lunge
Tricep Dips
Mountain Climbers
Plank Hold
**45 sec on, 15 sec off (3
rounds total)**

THURS
REST

Take a little rest today...
you are doing great!

FRI
FULL BODY

Warm up: 3 - 5 min on Treadmill,
Bike, or Jump Rope (100 reps)
Air Squats
Jump Squats
Jump Lunges
Push-ups
Bear Hold Shoulder Tap
Mountain Climbers
**45 Sec on, 15 sec off (3 Rounds
Total)**

SAT
CARDIO / ABS
(OPTIONAL)

30 min Cardio of Choice
Bike
Treadmill
Outdoor/Indoor Run
ABS:
Bird Dog Crunch
Heel Taps
Alt. Dead Bugs
30 sec on, 30 sec off (3 rounds)

SUN
REST

Take a break!
You deserve it..

Dumbbells, Kettlebells, and/or Resistance Bands can be used for added resistance



MON
FULL BODY

Warm up: 3 - 5 min on Treadmill, Bike, or Jump Rope (100 reps)
Air Squats
Squat Pulse
Stationary Lunge (**Each Leg 30 sec**)
Modified Knee Push-Ups
Modified Shoulder Taps
Mountain Climber Taps (Slow Pace)
45 Sec on, 15 sec off (3 Rounds Total)

TUES
REST

Take a little break today....

WED
FULL BODY

Warm-up: 3-5 min on Treadmill/Bike or Jump Rope (100 reps)
Squat to Calf Raise
Air Squats
Reverse Lunge
Tricep Dips (Assisted)
Crunches
Modified Plank Hold
45 sec on, 15 sec off (3 rounds total)

THURS
REST

Take a little rest today...
you are doing great!

FRI
FULL BODY

Warm up: 3 - 5 min on Treadmill, Bike, or Jump Rope (100 reps)
Air Squats
Squat to Calf Raise
Alt. Forward Lunge
Wall Assisted Push-ups
Russian Twists
Sit- up + Reach
45 Sec on, 15 sec off (3 Rounds Total)

SAT
REST

Take a little break today...

SUN
REST

Take a break!
You deserve it..

Dumbbells, Kettlebells, and/or Resistance Bands can be used for added resistance