

## Sample Strength/Cardio/Bodyweight/Core Workout Plan

This plan includes strength training, cardio, bodyweight exercises, and core workouts. It does not include specific rep ranges as that would depend on your goals. It also doesn't include the 1-1 coaching you will receive when you purchase a full package.

**\*\*Note:** I am a huge fan of the sauna, cold plunging, deep breathing, and stretching! If you do nothing else, at least stretch and do some deep breathing daily.\*\*

### **Day 1: Upper Body and Cardio**

Warm-up: 10 minutes on the treadmill or stationary bike

Strength training: 3 sets of 12 reps for each exercise

Bench press (barbell or dumbbells)

Seated shoulder press (dumbbells)

Lat pulldowns (machine or band)

Bicep curls (dumbbells)

Tricep dips (bodyweight or bench)

Cardio: 20 minutes on the rowing machine or elliptical

Cool-down: 5-10 minutes of stretching

Bonus Core Workout: Oblique Emphasis

3 sets of 15 reps for each exercise

Side plank with hip dips

Russian twists (weighted or bodyweight)

Bicycle crunches

Side plank with leg lifts

Plank with hip dips

"Strong arms, strong heart, strong mind! Keep pushing yourself to become the best version of you."

### **Day 2: Lower Body and Cardio**

Warm-up: 10 minutes on the stationary bike or stair climber

Strength training: 3 sets of 12 reps for each exercise

Squats (barbell or dumbbells)

Deadlifts (barbell or dumbbells)

Lunges (dumbbells or bodyweight)

Leg press (machine or band)

Calf raises (machine or bodyweight)

Cardio: 20 minutes on the treadmill or outdoor run

Cool-down: 5-10 minutes of stretching

Bonus Core Workout: Main Core Emphasis

3 sets of 15 reps for each exercise

Plank

Reverse crunches

Mountain climbers

Leg raises

Russian twists

"Strong legs, strong foundation, strong you! Keep up the great work!"

### **Day 3: Cardio and Abs**

Warm-up: 5-10 minutes of jump rope or jumping jacks

Cardio: 30-45 minutes of steady-state cardio (treadmill, elliptical, stair climber, or stationary bike)

Abs: 3 sets of 15 reps for each exercise

Crunches

Plank jacks

Bicycle crunches

Russian twists (weighted or bodyweight)

Leg raises

"A strong cardio routine and a strong core make for a strong you! Keep going!"

### **Day 4: Total Body and Cardio**

Warm-up: 10 minutes on the rowing machine or stationary bike

Strength training: 3 sets of 12 reps for each exercise

Push-ups (bodyweight or weighted vest)

Pull-ups (bodyweight or assisted machine)

Lunges with bicep curls (dumbbells)

Shoulder press with leg lifts (dumbbells)

Plank rows (dumbbells)

Cardio: 20 minutes on the elliptical or outdoor run

Cool-down: 5-10 minutes of stretching

Bonus Core Workout: Lower Back and Hip Flexor Emphasis

3 sets of 15 reps for each exercise

Superman (Glute bridge (bodyweight or weighted)

Back extensions (machine or bodyweight)

Hip flexor stretch

Pigeon pose

"Total body, total strength, total awesomeness! Keep crushing those goals!"

### **Day 5: Rest Day**

Take a break and allow your body to recover from the previous workouts. Sauna, cold plunge, deep breathing and stretching will do wonders for your body!

### **Day 6: Bodyweight and Cardio**

Warm-up: 10 minutes of jumping jacks, high knees, or other bodyweight exercises

Strength training: 3 sets of 12 reps for each exercise

Push-ups (bodyweight or weighted vest)

Squats (bodyweight or weighted vest)

Lunges (bodyweight or weighted vest)

Plank rows (dumbbells or bodyweight)

Tricep dips (bodyweight or bench)

Cardio: 20 minutes of jumping rope or HIIT training (high-intensity interval training)

Cool-down: 5-10 minutes of stretching

Bonus Core Workout: Oblique Emphasis

3 sets of 15 reps for each exercise

Side plank with hip dips

Russian twists (weighted or bodyweight)

Bicycle crunches

Side plank with leg lifts

Plank with hip dips

"You don't need fancy equipment to get fit - just your own body and a positive attitude!"

### **Day 7: Total Body and Cardio**

Warm-up: 10 minutes on the treadmill or stationary bike

Strength training: 3 sets of 12 reps for each exercise

Bench press (barbell or dumbbells)

Deadlifts (barbell or dumbbells)

Lat pulldowns (machine or band)

Leg press (machine or band)

Calf raises (machine or bodyweight)

Cardio: 20 minutes on the rowing machine or elliptical

Cool-down: 5-10 minutes of stretching

Bonus Core Workout: Main Core Emphasis

3 sets of 15 reps for each exercise

Plank

Reverse crunches

Mountain climbers

Leg raises

Russian twists

"You are a total boss, and your body is starting to show it! Keep up the amazing work!"

If you would like a more personalized one (including exercises you love!) email me

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