



Workout Plan

Mondays: Are going to be a full body workout, meaning cardio with some strength training.

Tuesdays: Are going to be a cardio circuit for time. Try to time yourself and try to improve on that time the next week! Rest only if you have to. If you have workout partners, make it a friendly competition!

Wednesdays & Thursdays: Are going to be lower and upper body strength training days. Muscle helps speed up your metabolism which in turn helps you burn fat while at rest. On the strength training days, you will not focus on speed. There are two keys to strength training with body weight movements;

1) Time under tension (slow and controlled reps) and 2) number of reps.

Take your time with your reps and make sure you are doing proper form to prevent any injuries. These days are filled with *supersets* (group of exercises) be sure to complete the superset without resting. You get to rest briefly after the superset is completed. If the number of reps listed are too hard, it's okay to lower the reps. The same goes if they are too easy, feel free to increase the reps. This is your workout, just remember to push yourself!

Fridays: Are going to be another form of cardio circuit. These should go quickly (roughly twenty minutes with no rest). If you have to rest that is okay, but once again, remember to push yourself and improve on it the following week!

*****If you are unfamiliar with the workouts identified throughout the plan, a quick google or YouTube search will give you instructions. *****



Monday: (Full Body)

Every movement is one minute. No rest in-between movements, rest 45 seconds between circuits. Rest for 2 minutes after you have completed all 3 circuits. Repeat for a total of two rounds.

Circuit 1

1. Jumping Jacks
2. Shoulder Taps
3. High Knees
4. Triceps Dips
5. Toe Taps

Circuit 2

1. Squats
2. Push-Ups
3. Alternating lunges
4. Floor Triceps Extensions
5. Butt Kicks

Circuit 3

1. Hip Thrusters
2. Pike push-ups
3. Explosive Pause Squats
4. Mountain Climbers
5. Burpees



Tuesday: (Cardio Circuit)

This circuit is for time, use a stopwatch and keep track of how long this takes for you to complete. Push yourself this week and improve on your time next week.

Remember, give this 100% of your effort in order to get the best results! Repeat the circuit until you have completed it three times!

- 30 High Knees
- 30 Bun Kickers
- 30 Jumping Jacks
- 30 Toe Taps
- 20 Mountain Climbers
- 20 Jump Lunges (Modification: Alternating Lunges)
- 15 Burpees

Wednesday: (Lower Body)

Rest 30-45 seconds after each set.

3 Sets | 24 Alternating Lunges (12 each side) + 10 Drop Squats Rest 2 minutes

3 Sets | 15 Squats + 30 Jump Lunges (15 each side) + 15 single leg kick backs (each side)

Rest 2 Minutes

3 Sets | 20 Fire Hydrants (each side) + 20 Hip Thrusters Rest 2 Minutes

3 Sets | 15 Jump Squats + 15 Lateral Lunges (each side) Rest 2 Minutes

3 Sets | 10 Superman's

Thursday: (Upper Body)

Rest 30-45 seconds after each set.

4 Sets | 10 Clap Push-ups (Modification do normal push-ups) + 10 Pause/ Explode Push-ups + 10 Pike Pushups

Rest 2 Minutes

4 Sets | 20 Tricep Dips + 15 Push-Ups + 10 directional Pike Push-ups

Rest 2 Minutes

4 Sets | 5 Typewriter Push-ups (each side) + 15 Floor Tricep Extensions + 15 Diamond push-ups

Friday: (Cardio Circuit)

Do each superset for 2 minutes, no rest between supersets. Rest 2 minutes after you completed the circuit once. Repeat the circuit once more, for a total of two times.

1. 5 Floor Tricep Extensions, 10 Mountain Climbers, Jump up
2. 10 High Knees, 5 Squats, 2 Vertical Jumps
3. 3 Burpees, 10 BuN Kickers, 5 Jumping Jacks
4. 5 Push-ups, 10 Calf Hops, 5 Quick Tuck Jumps
5. 8 Jump Lunges, 10 Toe Taps, 4 Skiers (2 each side)



Saturday & Sunday: (Rest Days)

Great work on completing the week! You have definitely earned these two days of rest. For Active rest you can do things like;

- yoga,
- meditation,
- practice mindfulness,
- cook a favorite meal,
- write down some things you are thankful for
- set goals for the week to come
- try crafting, drawing
- play video games
- make extra effort to connect with loved ones