

*Trainer Lindsey's*



**6 WEEK FIT BODY CHALLENGE**

# **WORKOUT PROGRAM**

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**

**WEEK 5**

**WEEK 6**

## **WARM UP AND COOL DOWN:**

Before beginning each workout complete the following exercises, resting as needed for 24 minutes. This will bring your heart rate up and increase blood flow to the muscles you're about to work!

### **Warm up:**

10 body weight squats

5 squat jumps (if advanced)

10 push ups against the wall or knee/toe push ups (if advanced)

15 jumping jacks

10 high knees, each side

3 burpees

Rest as needed (approx 30-60 seconds)

Follow each workout up by stretching the muscle groups you worked in that day's workout!

Hold each stretch for 60-90 seconds.

## WEEK 1

### WORKOUT 1: UPPER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Push Ups	10 reps
Dumb Bell Flies	15 reps
One Arm Row	15 reps
Lateral Raises	15 reps
Overhead Press	15 reps
Jumping Jacks	30 sec work, 15 sec rest, 20 sec work, 15 sec rest, 10 sec

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Straight Arm Pull Down	12 reps
Snow Angels	10 reps
Bent Over Reverse Flies	15 reps
Mountain Climbers	30 seconds work, 15 seconds rest, 20 seconds work, 15 seconds rest, 10 seconds work

## WEEK 1

### WORKOUT 2: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Reverse Lunges	12 reps
Jumping Lunges	10 reps
Stability Ball Full Squats	15 reps
Straight Leg Deadlifts	15 reps
Suicides	30 seconds
Butt Kicks	30 seconds
Jog in Place	15 seconds

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Stability Ball Hamstring Curl	10 reps
Single Leg Deadlift	15 each leg
Standing Double Leg Calf Raises	10 reps/ 10 side to side hops X2*
Surrenders	8 each leg
Prone Hamstring Curl	15 reps
Squat Jacks	30 seconds
Jog in Place	15 seconds

\*After completing the single leg deadlifts do 10 calf raises, 10 side to side hops, then 10 calf raises again and then 10 side to side hops again. Then move on to the surrenders.

## WORKOUT 3: CORE CARDIO

**Circuit 1:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do the circuit three times. Then  
move on to circuit 2.

Burpees	5
Mountain Climbers	20
Stability Ball Crunches	15
Plank	30 seconds

**Circuit #2:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do each circuit three times.

Walk Outs	5
Mountain Climbers	20
Slow Russian Twists	15
Plank	30 seconds

## WEEK 1

### WORKOUT 4: UPPER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Front Press	12 reps
Overhand Row	12 reps
In n Out Curls	16 reps
Dips	15 reps
Jumping Jacks	* 9, 8, 7, 6, 5, 4, 3
High Knees	* 9, 8, 7, 6, 5, 4, 3
Butt Kicks	* 9, 8, 7, 6, 5, 4, 3

\*Do 9 jumping jacks, 9 high knees each leg, 9 butt kicks each leg, 8 jumping jacks, 8 high knees each leg, 8 butt kicks each leg, 7 jumping jacks, etc. until you do 3 reps of each.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Stability Ball Overhead Dumbbell Pull	12 reps
Push Ups w/feet on Ball	12 reps
Stability Ball Seated Hammer Curls	15 reps
Tricep Kickback	15 reps
High Knees	40 each leg, rest 15 seconds, 30 each leg, rest 15 seconds, 20 each leg

## WEEK 1

### WORKOUT 5: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Good Mornings	15 reps
Reverse Squats	15 reps
Straight Leg Deadlifts	15 reps
Glute Bridges	15 reps
Squat/Front Kicks	10 each side
Pop Squats	15 reps

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Wall Sit	30 seconds
Squats	10 reps
Wall Sit	30 seconds
Pop Squats	10 reps
Stationary Lunges	12 each leg
Jumping Lunges	12 total

## WORKOUT 6: CORE CARDIO

**Circuit 1:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do the circuit three time. Then  
move on to circuit 2.

Burpees	5
Mountain Climbers	20
Plank Twists	20
Right Side Plank	30 seconds

**Circuit #2:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do the circuit three times.

Jumping Jack Burpees	5
Mountain Climbers	20
Stability Ball Knee Pull In's	10
Left Side Plank	30 seconds



## WEEK 2

### WORKOUT 1: UPPER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Downward Dog Push Ups	10 reps
Bent Over Straight Arm Pulls	12 reps
Palms Back Revers Flies	12 reps
Lateral Raises	12 reps
45 Degree Row	12 reps
Jumping Jacks	*20/plank 15 seconds x3

\*Do 20 jumping jacks and then hold a 15 second plank. Repeat for three times total. Then you are finished with circuit 1. Rest and repeat circuit 1.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Push Up Knee In(both knees)	10 reps
Front Raises	12 reps
21's	21
Tricep Kickbacks	10 reps
3 burpees/plank	*15 seconds

\*Same set up as circuit 1

## WEEK 2

### WORKOUT 2: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Side Lunges	10 reps each leg
Front Squats	10 reps total
Bulgarian Split Squats	10 reps each leg
Standing Leg Extensions	15 each leg
Surrenders	*8 each leg/ 20 high knees x2

\*Do 8 surrenders on each leg and then 20 high knees on each leg. Without resting go right into 8 more surrenders on each leg and 20 high knees on each leg. Then you are finished with circuit 1. Rest and repeat circuit 1.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Good Mornings	15 reps
Reverse Lunge Deadlifts	10 each leg
Stationary Lunge	12 each leg
Jumping Jacks	*
Jump Squats	*
Butt Kicks	*
Side to Side Jumps	*

\*20 sec jumping jacks, 5 jump squats, 20 sec butt kicks, 5 jump squats, 20 sec side to side jumps, 5 jump squats

## WEEK 2

### WORKOUT 3: CORE CARDIO

**Circuit 1:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do the circuit three time. Then  
move on to circuit 2.

Jumping Jack Burpees	5
Mountain Climbers	20
Bicycle Crunches	25
Plank	30 seconds

**Circuit #2:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do the circuit three times.

Walk Out Push Ups w/ Squat	5
Plank Jacks	20
High Knees	20
Stability Ball Knee Pull Ins	10
Plank	20 seconds

## WEEK 2

### WORKOUT 4: UPPER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

45 Degree Rows	12 reps
Overhead Press	12 reps
Renegade Rows	12 reps
Push Up w/ Holds	12 reps
Mountain Climbers	* 20 seconds
Plank Jacks	* 20 seconds x2

\*Do 20 seconds of Mt Climbers and without resting hold a 20 second plank. Go right into 20 seconds Mt Climbers again and then hold the plank. This is a 1 minute 20 second interval. If you can't complete it just do the best you can.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Overhead Flies	12 reps
Twisting Curls	15 reps
Stability Ball Skull Crushers	15 reps
Dips	10 reps, 10 sec restx3*
Squat Thrusts	5/plack jacks 10x3**

\*Do 10 chair dips, rest 10 seconds. Do 10 more dips and rest 10 seconds. Repeat once more for three times total.

\*\*Do 5 squat jacks and then 10 plank jacks. Without resting repeat the squat jacks and plank jacks twice more for three times total. Then you have finished circuit 2. Rest and repeat circuit 2.

## WEEK 2

### WORKOUT 5: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Dumb Bell Pull Throughs	15 reps
Single Leg Bent Over Squat	10 each leg
Stationary Lunge with Toe Up	15 reps
Glute Bridges	15 reps
Pop Squats	20 reps
Squat Hold	15 seconds
Jump Squats	10

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

ReversePower Lunges	12 reps each leg
Stability Ball Leg Curl	10 reps
Reverse Lunge with Deadlift Leg Lift	10 each leg
Skaters	20 seconds
Mountain Climbers	20 seconds
5 dot Drill	20 seconds

## WEEK 2

### WORKOUT 6: CORE CARDIO

**Circuit 1:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do the circuit three time. Then  
move on to circuit 2.

Burpees	5
Mountain Climbers	20
Reverse Roll Ups	15
Right Side Plank	30 seconds

**Circuit #2:** Rest for 15 seconds between each exercise in the circuit.  
Rest for 60 seconds between circuits. Do the circuit three times.

Walk Out w/2 Squat Thrusts	5
Plank Jacks	20
High Knees	20
Left Side Plank	30 seconds

## WEEK 3

### WORKOUT 1: BACK/BICEPS/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Single Arm Row	10
In n Out Curls	10
Push Outs	10
Bicep Twists	10
Mountain Climbers	*

\* Mt Climbers - 10/Plank - 10 seconds/High knees - 10 each leg /Squat holdx2\*  
Repeat this sequence for two rounds total before you are finished with circuit 1.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Stability Ball Overhead Pull	12 reps
Renegade Row to Hip	12 reps
Alternating Curls	10 reps
Stability Ball Lying Leg Raise	10 reps
Stability Ball Froggies	10 reps
Mountain Climbers	*

\* Mt Climbers - 10/Plank - 10 seconds/High knees - 10 each leg /Squat holdx2\*  
Repeat this sequence for two rounds total before you are finished with circuit 1.

## WEEK 3

### WORKOUT 2: CHEST/TRICEPS/SHOULDERS

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Pike Push Ups	10
Dumbbell Push Ups (1 hand on Dumb Bell)	8 each side
Upright Row/Rotator	10 each
Overhead Press/Lateral Raises	10 each
Push Up/Overhead Press/ Burpees	10

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Skull Crushers	15 reps
Tricep Kickbacks	15 reps
Dips	15 reps, 10 second rest, 15 reps
Single Leg Burpees	5 each leg



## WEEK 3

### WORKOUT 3: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Lunge Combo*	10 reps
Reverse Lunges/Single Leg Deadlift	10 each side
Double Squats	10 reps
Leg Over Duck Unders	10 each

\* Reverse Lunge then Side Lunge = 1 rep

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Stability Ball Bridges	10
Stability Ball Leg Curls	10
Straight Leg Stability Ball Bridges	10
Straight Leg Deadlifts	10 each
Jumping Lunges	10

## WEEK 3

### WORKOUT 4: BACK/BICEPS/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Straight Arm Lat Pull	12
45 Degree Row	12
Stability Ball Incline Curls	15
Clockwork Sit Ups	15
Supermans	15
Plank Jacks/Side Plank/Squat Thrust	*

\* Plank Jacks – 10 reps/Right Side Plank – 10 seconds/Squat Thrusts – 10 reps/Left Side Plank – 10 seconds. Repeat this combo for two rounds total. Then rest and repeat circuit 1

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Underhand Rows	15 reps
21's	21 reps
Oblique V's	12
Russian Twists	15
Stability Ball Froggies	10 reps
Plank Jacks/Side Plank/Squat Thrust	*

\* Plank Jacks – 10 reps/Right Side Plank – 10 seconds/Squat Thrusts – 10 reps/Left Side Plank – 10 seconds. Repeat this combo for two rounds total. Then rest and repeat circuit 1

## WEEK 3

### WORKOUT 5: CHEST/TRICEPS/SHOULDERS

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Full Skull Crushers	10 reps
Chest Busters	10 reps
Dumb Bell 1 arm press w/twist	10 reps
1 Plank Up/1 Push Up	10
2 Squat Thrusts/1 Star Jump/ 3 Jumping Jacks	repeat for 1 minute

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Overhead Press	12 reps
Lateral Raises	12 reps
Palms Up Lateral Raises	12 reps
Reverse Fly	12 reps
1 Push Up/1 Squat Thrust	8 reps
2 Squat Thrusts/1 Star Jump/ 3 Jumping Jacks	repeat for 1 minute

## WORKOUT 6: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Single Leg Bent Over Squat	10 each leg
Dumbbell Pull Throughs	10 reps
Reverse Power Lunges	10 reps
Overhead Dumb Bell Squat	10 reps

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Stationary Lunge Pass Throughs	10 each leg
Body Weight Squats	15 reps
Squat Hold	30 seconds
Squat Jumps	10
Pot Squats	10



## **TABATA WEEK!**

Every workout will have some form of Tabata intervals included! A tabata interval is 20 seconds of work followed by 10 seconds of rest for 2-4 minutes. You should work as hard as you can for that 20 seconds!! Tabatas should be tough!

## WEEK 4

### WORKOUT 1: BACK/BICEPS/CORE

**Tabatas** (one set to be done before your circuits):  
2 min Tabatas – Underhand Rows, quick\*

\*20 seconds underhand rows followed by 10 seconds of rest, repeated for 2 minutes

Rest for 90 seconds before moving on to the circuits

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Single Arm row, heavy	8 reps each side
Train Rows	15 reps each side
Extended Plank	45 seconds
Burpees/Mountain Climbers/ Push Ups/High Knees/Jumping Jacks	*

\* 1 burpee/5 Mountain Climbers/5 push ups/5 high knees/5 jumping jacksx2  
Repeat this combo for two rounds total before resting and repeating circuit 1.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Straight Arm Lat Pulls, heavy	10 reps
Train Rows, heavy	10 reps each side
Straight Arm Lat Pulls	15 reps
Weighted Stability Ball Crunch	15 reps
Burpees/Mountain Climbers/ Push Ups/High Knees/Jumping Jacks	*

\* 1 burpee/5 Mountain Climbers/5 push ups/5 high knees/5 jumping jacksx2  
Repeat this combo for two rounds total before resting and repeating circuit 1.

## WEEK 4

### WORKOUT 2: CHEST/TRICEPS/SHOULDERS

**Tabatas** (one set to be done before your circuits):  
2 min Tabatas – Push ups, quick\*

\*20 seconds push ups followed by 10 seconds of rest, repeated for 2 minutes  
Rest for 90 seconds before moving on to the circuits

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.  
After completing circuit 1 twice move on to circuit 2.

Bent Over Reverse Flies	12
Lateral Raises	12
Overhand Front Raises	12
Plank Surrenders	10 each arm
Plank Jacks	10
Jumping Jacks	10

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Push ups to a T	6 each side
Tricep push ups	10 reps, 8 reps, 6 reps*
Plank Surrenders	10 each arm
Plank Jacks	10
Jumping Jacks	10

\*15 second rest between sets

## WEEK 4

### WORKOUT 3: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Stationary Lunges, both legs	10 reps
Stationary Lunge Jumps, both legs	5 reps
Curtsey Lung w/ Dumbbell Tap	10 each side
Sumo Squat	10

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Jumping Lunges	10 reps
Hyperextension Leg Lifts on SB	15 reps
Stability Ball Bridges	15
Stability Ball Leg Curl	15

#### Tabatas:

2 min Tabatas – Pop Squats/Squats\*

\*20 seconds high knees followed by 10 seconds of rest, repeated for 2 minutes



## WEEK 4

### WORKOUT 4: BACK/BICEPS/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

45 Degree row	15 reps, 10 sec rest, 10 reps
Underhand Row 21's	21 reps
Stability Ball Incline Curls	15
Dumbbell Pass Around Crunch	12 each direction

#### Tabatas:

2 min Tabatas – Renegade Row Walk Outs\*

\*20 seconds renegade row walk outs followed by 10 seconds of rest,  
repeated for 2 minutes  
Rest for 90 seconds before moving on to circuit 2

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Alternating Straight Arm Lat Pull	12 reps
Dumbbell curls 28's	28 reps
Reaching Crunch	10 reps
Big Flutter Kicks w/crunch	20 reps

#### Tabatas:

2 min Tabatas – Renegade Row Walk Outs\*

\*20 seconds high knees followed by 10 seconds of rest, repeated for 2 minutes  
Rest for 90 seconds before moving on to the circuits

## WEEK 4

### WORKOUT 5: CHEST/TRICEPS/SHOULDERS

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Chest Press	15 reps
Flies	15 reps
Overhead Press	15 reps
In n Out Curls	15 reps

#### Tabatas:

2 min Tabatas – Mountain Climbers\*

\*20 seconds Mountain Climbers followed by 10 seconds of rest,  
repeated for 2 minutes  
Rest for 90 seconds before moving on to circuit 2

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Push Up w/dumbbell slide	12 total push ups (6 each side)
Stability Ball seated overhead Tricep ext	15 reps
Thumbs down lateral raises	15 reps
Y Raises	8 reps

#### Tabatas:

2 min Tabatas – Mountain Climbers\*

\*20 seconds Mountain Climbers followed by 10 seconds of rest,  
repeated for 2 minutes

## WEEK 4

### WORKOUT 6: LOWER BODY

**Tabatas** (one set to be done before your circuits):  
2 min Tabatas – Jumping Lunges/Reverse Lunges\*

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Single leg squat/Single Leg Deadlift	8 each leg
Single leg burpees	3 each leg
Straight leg deadlifts	12
Burpees	5 reps
High/Low Jump Squats	5 reps

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Reverse Squat	20 reps
Pop Squat	15 reps
Surrenders	10 each leg*
High/low jump squats	5 reps

\*Do a 20 second squat hold when you switch legs

## WORKOUT 1: QUADS/SHOULDERS

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Pike Push Up	10 reps*
Alt Reverse Lunges, holding SB overhead	10 each legs
Squat w/dumbbell tap/ overhead press	12 reps
Stationary Lunge w/punch	10 each side
Squat thrusts/crunches/plank	**

\*For set 1, raise your right leg. For set 2, raise your left leg.

\*\* 3 squat thrusts, roll back on floor, 3 crunches, roll back up to plank, repeat for 1 minute

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Overhead presses, heavy	10 reps
Lateral Raises	15 reps
Body Weight Squats	20 reps
Jumping Jacks	25 reps
Mountain Climbers	30 reps

## WORKOUT 2: CHEST/BACK/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Narrow/Wide Row Combo	10 each
Singel Arm Row Combo	7 top half, 5 slow, 5 normal
Push up/renegade row	8 each side
Jog in place/Jumping Jacks/ Side to side hops/High Knees/ Squat Jumps/High Knees/ Side to side hops/Jumping jacks Jog in place	10 seconds each, no resting between

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Under the fence push ups	10 reps
Crunch hold w/bicycle legs	15 each side
Push up/knee in/push up/knee in/stand up	6 total
Twisting dumbbell flies	15 reps
Jog in place/Jumping Jacks/ Side to side hops/High Knees/ Squat Jumps/High Knees/ Side to side hops/Jumping jacks Jog in place	10 seconds each, no resting between

## WORKOUT 3: HAMSTRING/GLUTES

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Right Leg Toe Up Stationary Lunge	12 reps
Low Squat Pulses	15 pulses
Low Leg Toe Up Stationary Lunge	12 reps
Low Squat Pulses	15 pulses
Straight Leg Deadlifts	12 reps
Jump squats/high knees/ low squat hold/jumping jack burpees	1 minute*

\* 2 Jump Squats/10 high knees/5 sec low squat hold/3 jumping jack burpees

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Right Leg Single Deadlift	12 reps
Reverse Squat	10 reps
Left Leg Single Leg Deadlift	12 reps
Reverse Squat	10 reps
Sumo Squat	3 reps/5 pulses repeat x3
Jump squats/high knees/ low squat hold/jumping jack burpees	1 minute*

\* 2 Jump Squats/10 high knees/5 sec low squat hold/3 jumping jack burpees

## WEEK 5

### WORKOUT 4: ARMS/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Single Arm Hold Curl	5 each side x3
Modified Jack Knives	12 reps
Twisting Curls	15 reps
Stability Ball Crunch	20 reps
Plank/ Squat thrusts/Jumping jacks	repeat for 1 minute*

\* 5 sec plank, 2 squat thrusts, 5 jumping jacks

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Dips	15 reps, rest 10, 12 reps, rest 10, 10 reps
Tricep Kickbacks w/twists	12 reps
Skull Crushers	12 reps
Plank Hold	1 min
Plank/ Squat thrusts/Jumping jacks	repeat for 1 minute*

\* 5 sec plank, 2 squat thrusts, 5 jumping jacks

## WEEK 5

### WORKOUT 5: CHEST/BACK/SHOULDERS

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Lateral Raises	10 reps palms down, 10 reps palms up
Front Raises w/pull in	10 reps
Alternating Front raises	10 reps
Overhead Press w/one arm hold	5 reps each side x2
In n Out Shoulder Burn Out	15 reps
Mountain Climbers/Jumping Jacks	30 and 15 respectively x2

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Flies on SB	15 reps
Push Ups with Feet on SB	12 reps
Straight Arm Bent Over Lat Pull	12 reps
Push Ups/Mountain Climbers	5 and 10 respectively repeat for 1 minute



## WORKOUT 6: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Alt Reverse Lunges	10 reps each side
Pop Squats	15 reps
Squat Combo	10*
Right Leg Single Leg Deadlift	10 reps
Right Leg Airplane hold	60 seconds
Left Leg Single Leg Deadlift	10 reps
Left Leg Airplane hold	60 seconds
Double Squat Thrust Burpees	10

\* 10 squats/10 second squat hold/10 jump squats

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Side Lunge Bounce	10 reps each side
Lunge/Squat combo*	10 total
Front Squats	15 reps
Squat Hold/Jump squats	10 and 5 respectively repeat x3

\* Left leg reverse lunge, squat, right leg reverse lunge, squat

## WEEK 6

### WORKOUT 1: QUADS/SHOULDERS

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Squat w/front raise to standing upright row	10 reps
Stationary lung with lateral raises	10 total
Lying snow angel with crunch, legs up	12 reps
Stationary Lunge hold w/reverse flies	12 reps*
3 squat pulses to 3 overhead presses	8 times total
Plank Jack Jumping Jack Burpee	10 reps

\* First set lunge with right leg. Second set lunge with left leg.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Pike Push Ups	10 reps
Squat Thrusts	10 reps
Mountain Climbers	10 reps each leg
Plank	10 second hold
Side Plank Hip Dips	10 reps each side
Squat Jumps/Jumping Jacks	10 reps each

## WEEK 6

### WORKOUT 2: CHEST/BACK/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Bent Over Straight Arm Lat Pull	10 reps
Bent Over Bent Arm Lat Pull	10 reps
45 degree row	10 reps
Underhand Row	10 reps
Plank Shoulder taps/ Squat Thrusts	8 to 1*

\* Do 8 reps of each exercise, then 7 of each, then six, etc. all the way down to one rep of each.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Push up Holds	5 reps
Tricep Push Ups	8 reps
Wide Push Ups	10 reps
Normal Push Ups	12 reps
Flies on SB	15 reps
Bicycle Crunches	1 minute
Plank	45 seconds
Jumping Jacks/Butt Kicks	25/20/15/10/5*

\* Do 25 reps of each exercise, then 20 reps, then 15 reps, then 10 reps, then 5 reps

## WORKOUT 3: HAMSTRINGS/GLUTES

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Dumbbell pull throughs	15 reps
Lying Prone Hamstring Curl	15 reps
Lying leg Curl w/Stability Ball	15 reps
Right Leg Single Leg Deadlift	15 reps*
Right Leg Airplane Hold	60 seconds*
Jumping Jacks/ Jumping Lunges	10 and 5 respectively x3

\* Do these two exercises with the left leg during set 2

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Single Leg Bridges	10 each leg
Single Leg Bent Over Squat	10 reps
Side Donkey Kicks	15 reps
Hyperextension Leg Lifts on Stability Ball	15 reps
Leap frog hops/butt kicks/jumping jacks	repeat for 1 minute

\* 2 leap frog hops, Butt Kicks to turn around, 5 Jumpin Jacks

## WEEK 6

### WORKOUT 4: ARMS/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Single Arm Overhead Tricep Ext	12 reps each arm
Tricep Push Ups	10 reps
Skull Crushers	20 reps
Skaters/Tire-tire drill/Suicides	20 seconds each

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

21's	21 reps
Bicep Push	12 reps
Bicep Rotations	15 reps
Figure 8's	15 reps
Leg raises/reverse crunches	10 reps
Crunches with legs up	15 reps
Single Leg Jacknifes	8 reps
Obliques Knee Pull in Burpees	10 reps

## WEEK 6

### WORKOUT 5: ARMS/CORE

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Two arm bent over row/lateral raise	12 reps
Dumbbell Flies w/knee pull in	12
Arm Circles	5 reps each direction
Side Lateral Raises	12 reps
Overhead Press	12 reps
Mountain Climbers/Plank combo*	Repeat for 1 minute

\* 10 Mt Climbers/10 second right side Plank hold/10 Mt Climbers/10 second left side Plank  
- Repeat for 1 minute

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Reverse Chest Press	15 reps
Downward dog push ups	10 reps
Reaching Underhand Row	15 reps
Mountain Climbers/Plank combo*	Repeat for 1 minute

\* 10 Mt Climbers/10 second right side Plank hold/10 Mt Climbers/10 second left side Plank  
- Repeat for 1 minute

## WORKOUT 6: LOWER BODY

**Circuit 1:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit. After completing circuit 1 twice move on to circuit 2.

Leg Extension, right leg	12 reps
Stationary Lung, right leg	12 reps
Weighted Wall Sit	30 seconds
Leg Extension, left leg	12 reps
Stationary Lunge, left leg	12 reps
Weighted Wall sit	30 seconds
Pop squats/squat pulses	ladders 8 to 1*

\* Do 8 pop squats and 8 squat pulses, then 7 pop squats and 7 squat pulses, then six reps of each all the way down to 1 rep of each.

**Circuit #2:** Complete the listed reps of each exercise with minimal rest between exercises. Then rest for 90 seconds and repeat the circuit.

Around the World Lunges	5 total each leg
Front Squats	5 reps/10 sec squat hold x2
Reverse Lunge	10 each leg (hold 3 seconds)
Jump squats/squat pulses	ladders 8 to 1*

\* Do 8 pop squats and 8 squat pulses, then 7 pop squats and 7 squat pulses, then six reps of each all the way down to 1 rep of each.