



	Week 1	Week 2	Week 3	Week 4
<b>Day 1</b> <b>Cardio/Abs</b> NOTES: _____ _____ _____	<b>-10min Run</b> <b>-10min Stairmaster</b> -10min Row-machine -25x Mtn. Climbers each leg/30s plank (4x) -12x Sit-up with twist(4x) -10x toe touches/leg raise (4x)	<b>-5min jog/sprint</b> <b>-20min elliptical</b> -25-30 apple sauce Crunches (4x) -12-15 oblique overs (4x) -12-15 Ab twists/plank 30s	<b>-5min walk up-hill/5min Shuffling/5m jog/sprint</b> -15x ball sit-ups/pull-ins (3x) -14x Cable pulls (4x) -10x bench overs (4x) -40 butterfly sit-ups	<b>-20-30min on Stairmaster</b> -Bosu Plank work 10-15x each arm -Plank twists 10-15x each arm -Leg raises/toe touches 10-15x -30s bosu plank
<b>Day 2</b> <b>Back/Biceps</b> NOTES: _____ _____ _____	<b>-10-12min Stairmaster</b> -12x cable Lat pulls and bicep curls (3x) -12x rope pull/ bicep curl -10x Lat pull down -12x bent over rows/over hand grip bicep curls (3x) -12x Flies (4x) -12x outward curls -10 plank/mtn climbers (3x)	<b>-10-20min elliptical (Switch directions)</b> -10x single arm rows -12x straight arm pulldowns -10x single arm pulls/twists -12x rope bicep curls(3x) -7,7,7 biceps curls -10x bench bicep curls/flies -10x abs bench overs (3x)	<b>-10min row machine</b> -10x rainbows (3x) -10x single arm over the head cable pulls (3x) -10x alternating Lat pull down (3x) -10x Steady arm bicep curl(3x) -12x hammer curls - 10x rotating curls (3x)+ -15x bicycles (3x)	<b>-Bosu Ball burpees (30s)/Jumping jacks (30s)/ Renegades w/bicep curls 10x</b> -Close Grip Lat pull down /bicep curl(10-15x) -Wide grip pull down 10-15x -Back machine 10-15x -Plate bicep curl 10-15x -Side Hammer curl 10-15x
<b>Day 3</b>	<b>DAY OFF</b>			
<b>Day 4</b> <b>Legs</b> NOTES: _____ _____ _____	<b>-5min walk up-hill</b> -10x squat walks (3x) -10x clams each side (3x) -10x regular squats/close squats (3x) -12x single leg dead lifts (3x) -12x weighted step-ups/up and overs (3x) -10x cable walks/dead lifts (3x)	<b>-25x stairmaster sprint/10x abductors</b> -15x kick-backs (3x)+ -15x bridges 3x -12x squat quicks (4x) -12x each leg side lunge into curtsy lunge (3x) -12-15x hip abductors each direction (3x) -15x Russian twists (4x)	<b>-5min shuffling/ 4m squat jump/lunge</b> -12x sit-squats (3x)+ -10x curtsy (3xx) -12x split squat each leg (3x) -10x each leg side lunge pulse/squat jumps (3x) -15x Cable dead lifts (4x) -15x leg raises (4x)	<b>10-20min elliptical</b> -Cable kick backs 10-15x -Russian deadlifts 10-15x -Bosu ball lunges 20x each leg/10x squats -Sumo goblet squat 15x/ jump squat 10x -8,8,8 Fire hydrants/Donkey kicks/Circles/ -20x bicycles (4x)
<b>Day 5</b> <b>Chest Tris' Shoulders</b> NOTES: _____ _____ _____	<b>-10min run/10min elliptical</b> -12x chest flies - 12x shoulder flies and press -12x tricep kick-backs -10x single arm shoulder raises --10x over the head cable tricep extensions -12x shoulder pull-overs (3x)+ -10x decline bench sit-ups with chest press	<b>-5min jog sprint/shoulder workout</b> -10x shoulder twist out/raises -12x parallel shoulder raises -12x single arm cable extensions -12x cable shoulder pulls -12x chest press machine	<b>-5-10min walk</b> -12x kettle bell swings/10x burpee with bosu balls/ 6x shoulder taps each arm -12x tricep press -12x plate steering wheel -8-10x cable shoulder raises -12x up-down plank	<b>5min walk/ 5 – 10min run</b> -Chest press 10x/skull crushers 10x/mtn climbers 20x (each leg) -Rotating shoulder press 10-15x -Side/front raises 8x - Single arm shoulder press/Tricep dips 10-15x -8,8,8 plate raises/presses/ tricep extensions
<b>Day 6</b>	<b>DAY OFF</b>			
<b>Day 7</b> <b>Legs</b> NOTES: _____ _____ _____	<b>-5-10min walk up hill</b> -10x squat jacks/10x squat jumps/ 8x lunge lifts -8x Sumo squat -8x Romanian dead lift - 8x bridges 8x leg press/ single leg press	<b>-15-30min Stairmaster</b> -10x cable abductors -8x cable leg raises -8x dead lifts -12x goblet sumo squat -10x glute curls (3x)	<b>-15-30min Stairmaster</b> -8x good mornings -8x hip abductors both directions -8x cable squats -8x dumbbell kick back/ fire hydrants/ circles	<b>-15-30min Stairmaster</b> -12,10,8, or 10,8,6,Drop set of hip thrusts (3x) -8x sit squats -8x sumo squats -8x single leg squat press -15x bench glute curls and push backs