

weekly workout

3 SETS OF 10-12 REPS PER EXERCISE



MONDAY

Upper Body

SHOULDER PRESS
UPRIGHT ROWS
DUMBBELL CHEST PRESS
BENT OVER FLY
TRICEP EXTENSION

TUESDAY

Cardio

20-30 MINUTE RUN/WALK OR
FROGGERS
JUMP LUNGES
BURPEES
MOUNTAIN CLIMBERS

WEDNESDAY

Lower Body

BODYWEIGHT SQUATS
DB REVERSE LUNGES
1 LEG WTD GLUTE BRIDGE
HANDS KNEES FIRE HYDRANT
INCHWORM

THURSDAY

Cardio

20-30 MINUTE RUN/WALK OR
JUMP SQUATS
JUMPE ROPE (1 MIN)
POP JACKS
ICE SKATERS

FRIDAY

Full Body

PLANK SHOULDER TAPS
WEIGHTED HIP BRIDGES
DUMBBELL SIDE RAISE
DUMBBELL FRONT RAISE
SIDE PLANK
WALKOUT PUSHUPS

SATURDAY

HIIT/ABS

PLANK JACKS
SQUAT HOLD
PLANK SPIDER MAN
JUMP SQUATS
PLANK PUNCHES
ALTERNATING LUNGES

SUNDAY

REST DAY