

WEEK 1, DAY 1

Complete each exercise without rest. When all exercises done, rest up to one minute.

Repeat the circuit 2 more times with the # of reps specified. The pictures are in order of the exercises.



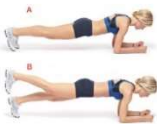
Front raise	15	12	9
Bicep curl	15	12	9
Triceps Kickback	15	12	9
Lateral raise	15	12	9

When all rounds complete, rest 1 minute and move into lower body

Complete each exercise then rest up to 1 minute and repeat the circuit with the # of reps specified



Front squats	15	10
Straight leg dead lift	15	10
25 mountain climber		
25 jumping jacks		



FINISHER: plank with alternating leg lifts 1 minute

WEEK 1 DAY 2 - Active rest or 15 minutes of metabolic training

Active rest is an easy 30-minute walk

Metabolic/Burst training is working as hard as you can for a specific time with short periods of rest continuously for 15 minutes then cool down 5 minutes.

Example of Burst training:

WARM UP FOR 2-4 MINUTES: Light jog, front kicks, squats, twists, heel to butt, knee lifts, arm circles etc...

30 seconds of work with 10 seconds of rest between exercises for a total of 15 minutes.

30 seconds of Jumping jacks 10 seconds rest

30 seconds of high knees 10 seconds rest

30 seconds of butt kicks 10 seconds rest

30 seconds of push ups 10 seconds rest

30 seconds of squat/hold 10 seconds rest

Repeat for a total of 15-20 minutes, then cool down/walk

WEEK 1 DAY 3

A stability ball should be used but isn't necessary.

Complete each exercise then rest up to 1 minute. Repeat the circuit with the specified # of reps.



Chest Press on Ball	15	12	9
Lat pullovers on Ball	15	12	9
Underhand Rows	15	12	9
Overhead Press	15	12	9

AFTER ALL 3 SETS, REST 1 MINUTE AND MOVE TO LOWER BODY



Stationary single leg squat

10 Stationary single leg squat on the right followed up with 10 on left

Repeat 3 times each side rest 30-60 seconds then move on to next exercises.



Sumo Squat



Squat Jumps

10 sumo squats followed up with 10 squat jumps. Rest 30-60 seconds and repeat sequence 2 more times

FINISHER: 20 Russian twists per side/20 leg lifts/Standing toe touches 20 per side



(modified feet on floor)



(modified hands under small of back)



WEEK 1 DAY 4 ACTIVE REST (OR METABOLIC TRAINING (see above) IF NOT DONE ALREADY)

WEEK 1 DAY 5

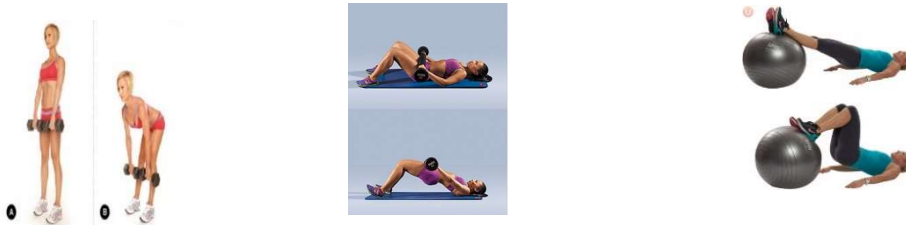
COMPLETE ALL EXERCISES, THEN REST UP TO 1 MINUTE. REPEAT CIRCUITS WITH THE SPECIFIED # OF REPS.



Reverse bent over flies	10 8 6
Alternating Renegade rows	10 8 6 each side
Wide grip bent row	10 8 6
Plank up downs	10 each arm followed up with plank hold for 20 seconds

WHEN ALL ROUNDS COMPLETE MOVE INTO LOWER BODY.

Do all the exercises in the circuit with # of reps, rest 30 seconds and repeat.



Stiff leg dead lift	10 8
Weighted bridges	10 8
Ball roll ins	10 8

FINISHER: 10 Jumping Jack Burpees



Jumping jack to squat thrust to plank to jumping jack with legs to jump in squat to jumping jack (that's 1 rep)

WEEK 1 DAY 6 AND 7 REST OR METABOLIC WORKOUT IF NOT DONE YET.

Congratulations you have finished your first week of healthy habits:

Write your positives for the week.

EXAMPLE: FINISHED ALL WORKOUTS, DIDN'T EAT FAST FOOD, SKIPPED DESSERTS THIS WEEK

Write what you want to do better next week:

EXAMPLE: HEAVIER DUMBELLS, WORK OUT FASTER WITH GOOD FORM, HEALTHY PROTEIN BREAKFAST,
