

Workout Plan

CLIENTS

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GROUPS

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Sunday

No Workout

Monday

Superset

Sets: 4



Plie Squats w/ Dumbbell

Reps: 15

Video: <https://youtu.be/DInYtOX5zIo>

Track =>



Single Leg Glute Bridge

Reps: 10-15/leg

Video: <https://youtu.be/fDxl-0uZMJo>

Track =>

Superset

Sets: 4



One Legged Bench Squat

Reps: 10/leg; you can hold onto something for balance

Video: <https://youtu.be/x45gUbSnhsg>

Track =>



Dumbbell Romanian Deadlift

Reps: 15

Video: <https://youtu.be/tH0stBpF7ko>

Track =>

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Video: <https://youtu.be/irZEdMZzjJA>

Track =>



Banded Kick Backs

Reps: 15 reps RIGHT LEG

Video: <https://youtu.be/TI5djGHdBWA>

Track =>



Dumbbell Split Squats

Reps: 15 reps LEFT LEG

Video: <https://youtu.be/irZEdMZzjJA>

Track =>



Banded Kick Backs

Reps: 15 reps LEFT LEG

Video: <https://youtu.be/TI5djGHdBWA>

Track =>

Superset

Sets: 4



Banded Standing Adduction for Inner Thigh

Reps: 15/leg

Video: <https://youtu.be/2S7OgmeCs6E>

Track =>



Walking Side Squats

Reps: 15/side

Video: <https://youtu.be/CyexXVt1B9o>

Track =>

Circuit

Rounds: As Many Rounds as Possible in 5 minutes

You will go ALL OUT for 5 whole minutes! No rest, all work!



Squat Jumps

Reps: 10

Video: <https://youtu.be/DeTBwEL4m7s>

Track =>



Sit Ups

Reps: 20



Tuesday

**Push Ups**

Sets: 3 · Reps: 12

Video: <https://youtu.be/IODxDxX7oi4>

Track =>

Superset

Sets: 4

**Dumbbell Incline Bench Press**

Reps: 15

Video: <https://youtu.be/j8G9ycoySfA>

Track =>

**Resistance Band Chest Press**

Reps: 15-20

Video: <https://youtu.be/3rX4hA8aPgQ>

Track =>

Superset

Sets: 4

**Dumbbell Incline Fly**

Reps: 15

Video: <https://youtu.be/8nrLh4GpS7w>

Track =>

**Resistance Band Chest Fly**

Reps: 15-20

Video: <https://youtu.be/yVcEkvgymt8>

Track =>

Superset

Sets: 4

**Dumbbell Shoulder Press**

Reps: 15

Video: <https://youtu.be/qEwKCR5JCog>

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Reps: 15-20

Video: <https://youtu.be/0rLjkQweIDg>

Track =>

Superset

Sets: 4



Dumbbell Rear Delt Fly

Reps: 15

Video: https://youtu.be/EA7u4Q_8HQ0

Track =>



Resistance Band Rear Delt Fly

Reps: 15-20

Video: <https://youtu.be/LwUgi7KCjRQ>

Track =>

Circuit

Rounds: As many rounds as possible in 10 minutes

This is an all out effort for 10 minutes. NO rest, just work!



Squat Thrust Jumps

Reps: 10 · Rest: *you can modify these if needed

Video: https://youtu.be/EPxf3V_pGsl

Track =>



Crunches

Reps: 20

Video: https://youtu.be/Xyd_fa5zoEU

Track =>



Dumbbell Jumping Jacks

Reps: 30

Video: <https://youtu.be/nSd2ebFATi8>

Track =>



Scissor Kicks

Reps: 40; each leg is 1 rep

Video: <https://youtu.be/WoNCIBVLbgY>

Track =>

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Circuit

Rounds: As many rounds in 20 minutes

This is non-stop work for 20 minutes



Push Ups

Reps: 10

Video: <https://youtu.be/IODxDxX7oi4>

Track =>



Sit Ups

Reps: 15

Video: https://youtu.be/1fbU_MkV7NE

Track =>



High Knees

Duration: 20; every leg counts as 1 rep

Video: <https://youtu.be/bZUfaLxJ36M>

Track =>



Plank Jumping Jacks

Reps: 10

Video: <https://youtu.be/rwxVjvYrRyE>

Track =>



Squat Jack

Reps: 15

Video: <https://youtu.be/QrAgbBC-SOM>

Track =>



Alternating Step Ups

Reps: 20; every leg counts as 1 rep

Video: <https://youtu.be/Bv8KHVzEsi8>

Track =>

Thursday

Superset

Sets: 4



Resistance Band Lat Pull Down

Reps: 15

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**Resistance Band Straight Arm Lat Pull Down**

Reps: 15-20

Video: <https://youtu.be/K4VAFznrNLk>

Track =>

Superset

Sets: 4

**Dumbbell Rows**

Reps: 15

Video: <https://youtu.be/LktGPg-AkvY>

Track =>

**Resistance Band Low Row**

Reps: 15-20

Video: <https://youtu.be/EH3eBW5mQ44>

Track =>

Superset

Sets: 4

**Dumbbell High Rows**

Reps: 15

Video: <https://youtu.be/DpZn1k8Utqk>

Track =>

**Resistance Band High Row**

Reps: 15-20

Video: <https://youtu.be/64wF74LCWwk>

Track =>

Superset

Sets: 4

**Dumbbell Renegade Rows**

Reps: 12 reps total; this means 24 reps total if you count both arms

Video: <https://youtu.be/Gja70kgtoQ>

Track =>

**Back Extension (on stability ball, arms down)**

Reps: 15

Video: https://youtu.be/VNj8YS_Gcpk

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Circuit

Rounds: As many rounds as possible in 10 minutes of
This is 10 minutes of WORK. No rest. All work.



Plank Up Downs

Reps: 10; so 20 on each arm

Video: <https://youtu.be/8SDOzGWf9JA>

Track =>



Laying Leg Raise

Reps: 15

Video: <https://youtu.be/JB2oyawG9KI>

Track =>



Squat Thrust Jumps

Reps: 10

Video: https://youtu.be/EPxf3V_pGsl

Track =>



Reverse Crunches

Reps: 20

Video: <https://youtu.be/hyv14e2QDq0>

Track =>

Friday

Superset

Sets: 4



Dumbbell Bicep Curls

Reps: 15

Video: <https://youtu.be/av7-8igSXTs>

Track =>



Resistance Band Bicep Curls

Reps: 15-20

Video: https://youtu.be/3g-1J2KkX_8

Track =>

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Reps: 15
Video: https://youtu.be/0326dy_-CzM
Track =>



Resistance Band Tricep Kickbacks
Reps: 15-20
Video: <https://youtu.be/emtUDSKf-o0>
Track =>

Superset

Sets: 4



Dumbbell Incline Hammer Curl
Reps: 15
Video: https://youtu.be/cbRSu8Ws_hs
Track =>



Resistance Band Hammer Curl for Biceps
Reps: 15-20
Video: https://youtu.be/KIqRZEF_Aqg
Track =>

Superset

Sets: 4



Dumbbell Skullcrushers
Reps: 15
Video: <https://youtu.be/ir5PsbniVSc>
Track =>



Resistance Band Overhead Tricep Extension
Reps: 15-20
Video: <https://youtu.be/a5rUdCeTtSE>
Track =>

Circuit

Rounds: As many rounds as possible in 10 minutes
This is 10 minutes of work. No rest. All Work!



Stability Ball Transfer Crunch
Reps: 12

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Mountain Climbers

Reps: 30

Video: <https://youtu.be/nmwgigXLYM>

Track =>



Stability Ball Knee Tuck

Reps: 12

Video: https://youtu.be/lotY-gee_CQ

Track =>



Dumbbell Jumping Jacks

Reps: 30

Video: <https://youtu.be/nSd2ebFATi8>

Track =>

Saturday

No Workout